

Information about Bells Palsy (Facial Paralysis)

People with Bells Palsy have paralysed facial nerves. The paralysis has been caused by trauma like an infection to the nerve, rather than a stroke. Someone with Bells Palsy might slur their words, have a “droopy” face as a result of muscle weakness and vision problems stemming from the inability to close the eye fully.

Students with Bells Palsy may have difficulty with small text on class handouts. Some students may suffer from higher levels of fatigue and therefore need more frequent breaks. Public speaking may cause anxiety, which can be eased by regular appointments with a Speech Language Therapist. They may feel embarrassed by their looks causing further stress.

Ways staff can assist:

- Give students opportunities to talk with you early in the semester about their specific needs.
- Give the student any photocopied handouts on A3 paper so it is easier to read or direct them to Disability Services to provide Alternative Print formats of texts.
- Allow the students time to rest or have a short nap. There are rest spaces at the City, Epsom and Tamaki campuses.

Information has been sourced from:

- National Institute of Neurological Disorders and Stroke:
<http://www.ninds.nih.gov/disorders/bells/bells.htm>
- Gilden, D. (2004). Clinical Practice: Bells Palsy. *New England Journal of Medicine*, 351, 1323-31.

The University of Auckland encourages partnerships between Faculties, student services and students, to support students achieve their academic potential.

CONTACTS FOR MORE INFORMATION OR SUPPORT

Disability Services

Room 036 Basement

ClockTower Building

22 Princes Street

Auckland

Ph: +64 9 373 7599 ext 82936

Fax: +64 9 308 2354

www.eo.auckland.ac.nz

www.disability.auckland.ac.nz

disabilities@auckland.ac.nz

University Medical Services

City Campus Clinic

Level 3, Student Commons Building

2 Alfred Street

Ph: +64 9 373 7599 ext 87681

Grafton Campus Clinic

The "White House"

151 Park Rd

Ph: +64 9 373 7599 ext 86962

Tamaki Campus Clinic (Registered Nurse Clinic only)

Building 730.110

Morrin Road

Ph: +64 9 373 7599 ext 86677

Epsom Campus Clinic

R Block, Gate 4

60 Epsom Avenue, Epsom

Ph: +64 9 373 7599 ext 48526

Student Learning Centre

Ph: +64 9 373 7599 ext 88850

slc@auckland.ac.nz

The University of Auckland encourages partnerships between Faculties, student services and students, to support students achieve their academic potential.