

## SCI Forums



<http://sci.rutgers.edu/index.php>

CareCure has over 70 forums where we discuss everything from Life to Legislation & Advocacy, from Sports and Travel to Pain, from Computers to Politics. We discuss it all! Please come join us!



[www.facingdisability.com/spinal-cord-injury-forums](http://www.facingdisability.com/spinal-cord-injury-forums)

FacingDisability was specifically created to connect families who suddenly have to deal with a spinal cord injury with other people like them. Our website has more than 1,000 videos of family members answering real-life questions about how they cope with a spinal cord injury.



### **United Spinal Association**

[www.unitedspinal.org](http://www.unitedspinal.org)

Triumph Foundation is the Golden State Chapter of United Spinal Association. United Spinal is dedicated to enhancing the quality of life of all people living with a spinal cord injury or disease (SCI/D). Our programs and services provide support and information to people with a Spinal Cord Injury, their loved ones, care providers and professionals. Chapters located across the USA.

Free Disability Publications from United Spinal

<https://unitedspinal.org/disability-publications/>

These publications are a great resource for individuals, businesses, schools, organizations, staff training and for creating disability awareness



[www.christopherreeve.org](http://www.christopherreeve.org)

The Christopher & Dana Reeve Foundation is dedicated to curing spinal cord injury by funding innovative research, and improving the quality of life for people living with paralysis through grants, information and advocacy. Visit their Paralysis Resource Center that provides those living with paralysis and their families with life-changing resources. Their mission can be summed up into four words, "Today's Care. Tomorrow's Cure." which reflects the dual purpose set forth by Christopher and Dana to provide a continuum of hope for individuals living with paralysis worldwide. Online Paralysis Forum [www.spinalcordinjury-paralysis.org](http://www.spinalcordinjury-paralysis.org)

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### **Spinal Injury 101**

[www.spinalinjury101.org](http://www.spinalinjury101.org)

Videos on understanding spinal cord injury, developed by Shepherd Center, uses simple language and images of real people who have sustained a spinal cord injury, as well as medical experts and advocates.



[www.pushrim.com](http://www.pushrim.com)

Pushrim, Life After Spinal Injury is a social network and support resource for friends, family, and survivors of spinal cord injury.



[www.abilities365.com](http://www.abilities365.com)

Abilities365.com is an online resource community for members to connect with not-for-profits, suppliers, services, industry leaders, as well as each other. They bring the Abilities Expo, the world's premier consumer show producer for people with disabilities, to your home.



[www.spinalcordinjuryzone.com/](http://www.spinalcordinjuryzone.com/)

The Spinal Cord Injury Zone is a Spinal Cord Injury educational Knowledge Base. The mission of The Spinal Cord Injury Zone is to blog & archive important Spinal Cord Injury News and Spinal Cord Injury Information for education and awareness.



[www.spinalpedia.com](http://www.spinalpedia.com)

SPINALpedia is a social mentoring network and video archive that allows the spinal cord injury community to motivate each other with the knowledge and triumphs gained from our individual experiences. [Check out their videos.](#)

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[www.sci-info-pages.com](http://www.sci-info-pages.com)

Information on spinal cord injuries, treatment, SCI therapies, and central cord syndrome. This site is an informative resource for those living with a spinal cord injury or other disabling injuries or diseases of the spine. It is meant to be a "best of the web" site for SCI health.



[www.ablethrive.com](http://www.ablethrive.com)

AbleThrive is a platform that sources high-quality content related to living well with a disability from people, organizations and hospitals around the world. They find and share articles and videos that offer stories, advice, and experiences that humanize the disability experience. It is too difficult for people to find information that can be life changing for a family facing a disability. They want to make the journey easier and open the doors of collaboration, so everyone has a chance to thrive.



[www.msktc.org](http://www.msktc.org)

The Model Systems Knowledge Translation Center (MSKTC) summarizes research, identifies health information needs, and develops information resources to support the Model Systems programs in meeting the needs of individuals with spinal cord injury (SCI), traumatic brain injury (TBI), and burn injury (Burn).



[www.bu.edu/nerscic/resources/new-england-sci-toolkit/](http://www.bu.edu/nerscic/resources/new-england-sci-toolkit/)

The New England SCI Toolkit (NESCIT) is a collaborative effort between facilities providing spinal cord injury (SCI) rehabilitation in New England. This collaboration ensures patients throughout New England and beyond are receiving the same coordinated standard of care wherever they receive rehabilitation. Further, this Toolkit will aid in building capacity at facilities that may not treat patients with SCI often enough to have developed expertise.

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### **Determined 2 Heal**

[www.determined2heal.org/steps-to-recovery](http://www.determined2heal.org/steps-to-recovery)

Determined2Heal helps simplify the transition into life with paralysis. They provide information and advice for people with spinal cord injuries, their families and friends, as well as rehabilitative adventures. Get started in the Steps to Recovery Section.



### **Wheel Life**

[www.wheel-life.org](http://www.wheel-life.org)

Wheel:Life is a global initiative that assists people in addressing the many questions and challenges that come with using a wheelchair. Wheel:Life resources help people: find quality health and medical resources, related research and news; explore educational and employment avenues; research the proper adaptive equipment, assistive technology, home modification and home medical equipment for their needs; network within local and virtual peer support groups; discover accessible travel destinations; and enjoy a full and active life as a wheelchair user.



### **Spasticity Alliance**

[www.spasticityalliance.org](http://www.spasticityalliance.org)

The Spasticity Alliance aims to raise awareness about spasticity, empower people living with spasticity, and serve as a resource hub for information about spasticity, condition management, and treatment. Formed by several patient advocacy organizations, they have come together to build a community of support for those whose lives are affected by spasticity.



### **First 90 Days**

<https://scifirst90days.com/>

The First 90 Days is a guide to acute SCI. The book, distributed free in print and online, offers a roadmap to people with spinal cord injuries. The book offers details on the complex medical and psychological issues that define SCI.