

PEER SUPPORT PROGRAM

Nobody gets it like someone who's been there. Our Peer Program connects British Columbians with spinal cord injuries and their families to people who understand because they've been there too. We help create communities that deliver connections, understanding, solutions and experiences.



Peer Coordinators are people with SCI who've been there too and are your local point of contact and connection



Bean There Coffee Groups in your community — get to know other people living with SCI in a casual, relaxed atmosphere. Find a group or event at sci-bc.ca/events



Over 80 social, recreational and informative events each year across the province

Get connected with a Peer Coordinator, coffee group or SCI BC Resource Centre in communities around BC:



SCI INFORMATION RESOURCES

Spinal Cord Injury BC is your trusted source for information on living well with a spinal cord injury or related disability in British Columbia. From accessible housing to transportation, equipment, employment, funding, health issues and much more, we have the information you need and we're here to help you find it. Our Resource Centres, online information database and free InfoLine are the go-to information source for people with spinal cord injuries, their family and friends, and health professionals.



SCI InfoLine: Our Information Specialists answer your questions about SCI from 9am-5pm, Monday to Friday. Give them a call! **1-800-689-2477** or by email: info@sci-bc.ca



SCI Information Database is a one-stop-shop for answers to your questions about SCI in an easy-to-search format: sci-bc-database.ca



Online SCI Resource Centre: Check out our other online resources on Accessible Travel, Employment, and Housing and watch our SCI BC TV series: sci-bc.ca/resource-centre



Visit one of our local Resource Centres: Prince George, Victoria and at GF Strong Rehab Centre in Vancouver

Contact us!



www.sci-bc.ca



info@sci-bc.ca



1-800-689-2477



www.facebook.com/SpinalCordInjuryBC



twitter.com/SCI-BC



youtube.com/spinalcordinjurybc

780 SW Marine Drive
Vancouver BC V5P 5Y7

Charitable Registration Number: **118835024**



Spinal Cord Injury BC

Your Roadmap to SCI

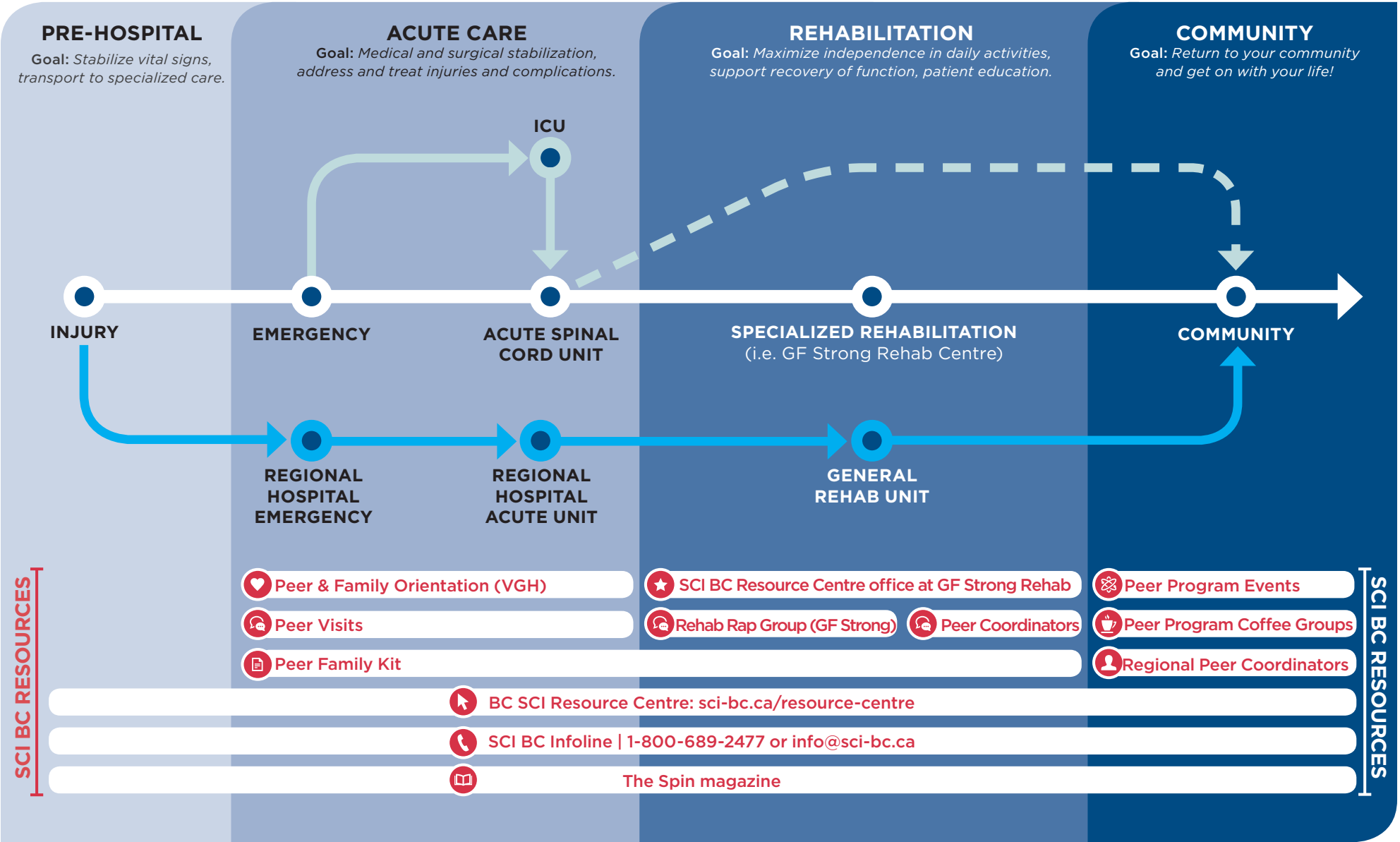
Spinal Cord Injury British Columbia

No one prepares for a spinal cord injury and nobody should go through it alone. That's why, since 1957, SCI BC has been reaching out to help people with spinal cord injuries, their families and friends to **adjust, adapt and thrive after SCI**.

The journey isn't always easy, but **we're with you all the way**.



Spinal Cord Injury BC



FREQUENTLY ASKED QUESTIONS ABOUT SCI

Where will I (or my loved one) live?

Almost all people with SCI live in the community, and funding support and attendant care can help you to live independently. You may need to adapt your place or look for an accessible home. Some wheelchair accessible homes are available, many of which are subsidized for those who have a low income.

Will I (or my loved one) be able to go back to work?

Many people with SCI work! Some return to their previous job and some train for something new. Employers have a “duty to accommodate”: to modify the workplace or policies for workers. Organizations like the Neil Squire Society can help you get back to work after SCI—contact them at neilsquire.ca or ask your social worker.

Will I (or my loved one) still be able to have sex?

YES! SCI doesn't mean you can't have sex, but there may be some challenges. Fortunately in BC we have an excellent Sexual Health Rehabilitation Service to help you get your mojo back after SCI. Ask your clinician for a referral or visit www.sexualhealth.sci-bc.ca.

Will I (or my loved one) ever walk again? Why are doctors so vague about my (or my loved one's) prognosis?

Every SCI is different—there are many factors that affect whether someone will walk again. The potential to regain function depends on the level and completeness of injury—it is very difficult to know how much of the spinal cord has been spared. Everybody's recovery is different! Focus on maximizing your potential during rehab and back in the community, and try not to compare your progress to others.

What is it like to live after spinal cord injury?

Talk to an SCI BC Peer Coordinator to get involved in our Peer Program—to learn how others do things, have fun, and talk to people who know what it's like to have an SCI.



More of your questions and answers about SCI and SCI BC at sci-bc.ca/resource-centre/info-newly-injured