

COVID-19 and SCI Information

[SCI Ontario](#)

[SCI BC](#)

[Christopher and Dana Reeve Foundation](#)

[Connectra](#)

[New Mobility FAQs](#)

[NASCIC](#)

[New Mobility Recommendations](#)

[Shepherd Center Fact Sheet](#)

[The Impact of the COVID-19 Pandemic on Disabled and Hospice Home Care Patients](#)

[National Institute for the Clinical Application of Behavioural Medicine](#)

[COVID-19 and spinal cord injury and disease: results of an international survey](#)

[Spinal Injuries Association](#)

[Advice to caregivers and families of children with disabilities](#)

[Advice to people with spinal cord injuries during COVID-19 pandemic](#)

[COVID-19 tsunami: the first case of a spinal cord injury patient in Italy](#)

Tips

[Grocery Shopping](#)

[Rick Hansen Foundation](#)

[How to wash your hands](#) by Alton Brown

[SCI & U – Hand Hygiene for People with Spinal Cord Injury](#)

Online Games

[Jack Box Games](#)

[Playing Cards](#)

[Crowdpurr](#)

[Jigsaw Puzzles](#)

[Board Game Arena](#)

Virtual Events

[National Ability Center](#)

[Adapt Movement](#)

[Meditation](#)

[Woebot](#)

[Spinal Cord Injury BC](#)

[Spinal Injuries Association](#)

Physical Activity

[Adapt To Perform](#)

[30 Day Routine](#)

[Boxercise](#)

[Yoga](#)

[Active Homes: Home Strength Training Guide for People with SCI](#)

[National Center on Health, Physical Activity and Disability \(NCHPAD\) Videos](#)

[NCHPAD Free 14 week online training program](#)
[NCHPAD Champion's Rx Daily Workout](#)
[Get in Motion](#)
[All Chair Yoga Dance Class](#)
[Aerobic Workout](#)
[Aerobic Exercise](#)
[Seated Zumba](#)
[Wheelchair Dance](#)
[Strength and Cardio](#)
[8 minute workout](#)
[Dowel/broom stick aerobics](#)
[30 m Boxing workout](#)
[Wheelchair boxing](#)
[ABC Fit Group on Facebook](#)
[Sustain Our Abilities](#)
[Yoga](#)
[MOMO Movement](#)
[Wheel Chair Fitness Exercise Fat Burner Workout! I Sit and Get Fit!](#)
[Wheelchair Aerobics](#)

Cheap home workout equipment: resistance bands, household items for weights (e.g., anything from costco, jugs with handles, cans, water bottles), dance parties! You can find equipment online at Amazon or [treadmillfactory.ca](#)

Books

[National Emergency Library](#)

Entertainment

[Netflix watch party](#)

[Bang your pots by DJ Rod](#)

Virtual Travel

[Drew Binskey](#)

[Indigo Traveller](#)

[Tangerine Travels](#)

[Strictly dumpling](#)

[Travelzoo 8 Ways to Travel](#)

[Travelzoo 20 Amazing Places](#)

