Adjustment to Spinal Cord Injury

Websites

http://www.spinalcordinjury-paralysis.org/forums/viewcategory/3343
Christopher & Dana Reeve Foundation: Dr. Dan Gottlieb
The Reeve Foundation has an online community which features Dr. Dan Gottlieb, a licensed psychotherapist who lives with quadriplegia. Dr. Dan is live in the community on Tuesdays from 3-4 and also responds to whoever leaves him a message there at other times. He often writes of the emotional adjustment to life with paralysis.

http://www.msktc.org/sci/factsheets/adjusting_to_life
Model Systems Knowledge Translation Center: Adjusting to Life After Spinal Cord Injury

http://www.uab.edu/medicine/sci/daily-living/adjustment
Spinal Cord Injury Information Network: Adjustment to Spinal Cord Injury
This InfoSheet defines adjustment as adapting to a new condition, discusses the stages of grief, and describes unhealthy and healthy adjustment among individuals with spinal cord injury and their family members.

http://www.uab.edu/medicine/sci/daily-living/family-a-relationships
University of Alabama at Birmingham: Family & Relationships
This page provides a variety of fact sheets and videos aimed at the newly injured and their families to provide relationship support.

http://sci.rutgers.edu/index.php?page=viewarticle&afile=14_March_2003@family_adjustment.htm
CareCure Community: “Family and Spinal Cord Injury” article by Wise Young, MD, PhD
This article reviews the research literature on adjustment to spinal cord injury among spouses, children, parents and siblings. It discusses the effects of spinal cord injury on marital relationships and factors affecting family relationships.

Mayo Clinic: Spinal Cord Injury – Coping and Support
This page discusses the grieving process, taking control of your life, talking about your
disability, dealing with intimacy, sexuality and sexual activity, and looking ahead.

**On Demand Videos**

Northwest Regional Spinal Cord Injury System: Conversations about…living with spinal
cord injury (73 minutes)
Three men and one woman, all with longstanding spinal cord injuries, talk about their personal
experiences living, surviving and thriving with their injuries. They share their initial reactions,
adjustment, steps toward independence and thoughts about their injuries now. This video of a
May 13, 2008 forum can be streamed online.

[http://www.uab.edu/medicine/sci/daily-living/family-a-relationships](http://www.uab.edu/medicine/sci/daily-living/family-a-relationships)
Spinal Cord Injury Information Network: Life with SCI – A Group Discussion (51
minutes) Scroll down to access video on this page. Click on “Life with SCI: A Group
Discussion” and the video will start.
Five individuals with SCI discuss their long and short-term adjustment to SCI. Topics include
healthy grief, education, impact on relationships (self and partners), children, depression, and
substance abuse.

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**REEVE FOUNDATION**

**LENDING LIBRARY**

The following books and videos are available for free loan from the PRC library.
For more information, please visit the online catalog at:

**Books**
• **From There to Here: Stories of Adjustment to Spinal Cord Injury.** Karp, Gary and Stanley Klein, editors. No Limits Communication, 2004. Features 45 personal journeys from trauma to meaning.


The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

This project was supported, in part by grant number 90PR3002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorships are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.