Adjustment to Spinal Cord Injury

Websites


Christopher & Dana Reeve Foundation: Women’s Mental Health After Paralysis
A free 44-page booklet on various topics related to women’s mental health after SCI and paralysis, it includes a section on adjusting after a spinal cord injury. Please call 1-800-539-7309 for a free print copy.

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.


New Mobility: SCI Anniversaries—Why We Celebrate
Article from August 2017 issue
Some people find celebrating or reflecting on the anniversary of their spinal cord injury helpful as it often marks the acceptance of a new way of life.

On Demand Videos

Christopher & Dana Reeve Foundation: Cultivating Resilience After Spinal Cord Injury
Trauma video series produced with the Shepherd Center
In this video series, individuals express how they felt about their injury, the challenges faced along the way and the impact it had on them. In addition, the insights from counselors and medical professionals provide a roadmap for processing those feelings and building resiliency. This 9 video series can be viewed at the Reeve YouTube channel and includes the following topics:

- Process of Emotional Adjustment after SCI: The Emotional Rollercoaster
- Re-connecting After Injury
- Re-examining Values and Beliefs
- Is It Normal to Feel Sad or Depressed?
- Anxiety and Fear
- Feelings of Guilt After Injury
- Feeling Alone After Your Injury
- Anger
- Finding Your Voice: Advocacy

http://sci.washington.edu/info/forums/reports/conversations.asp
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
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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