



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.

<https://s3.amazonaws.com/reeve-assets-production/Womens-Mental-Health-After-Paralysis-Booklet-Final-Master-4-8-2020.pdf>

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.msctc.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.

<http://www.mayoclinic.com/health/spinal-cord-injury/DS00460/DSECTION=coping-and-support>

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.

<http://www.newmobility.com/2017/08/spinal-cord-injury-anniversaries/>

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

<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.

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.

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