



# Adjustment to Spinal Cord Injury

## Websites

### **Christopher & Dana Reeve Foundation: Women's Mental Health After Paralysis**

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

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.

### **Model Systems Knowledge Translation Center: Adjusting to Life After Spinal Cord Injury**

[http://www.msktc.org/sci/factsheets/adjusting\\_to\\_life](http://www.msktc.org/sci/factsheets/adjusting_to_life)

### **Spinal Cord Injury Information Network: Adjustment to Spinal Cord Injury**

<http://www.uab.edu/medicine/sci/daily-living/adjustment>

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.

### **University of Alabama at Birmingham: Family & Relationships**

<http://www.uab.edu/medicine/sci/daily-living/family-a-relationships>

This page provides a variety of fact sheets and videos aimed at the newly injured and their families to provide relationship support.

### **CareCure Community: "Family and Spinal Cord Injury" article by Wise Young, MD, PhD**

[http://sci.rutgers.edu/index.php?page=viewarticle&file=14\\_March\\_2003@family\\_adjustment.htm](http://sci.rutgers.edu/index.php?page=viewarticle&file=14_March_2003@family_adjustment.htm)

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**

<http://www.mayoclinic.com/health/spinal-cord-injury/DS00460/DSECTION=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**

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

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**

<https://www.christopherreeve.org/blog/daily-dose/cultivating-resilience-after-spinal-cord-injury-trauma>

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

#### **Northwest Regional Spinal Cord Injury System: Conversations about...living with spinal cord injury (73 minutes)**

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

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.

**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.

<http://www.uab.edu/medicine/sci/daily-living/family-a-relationships>

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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