Exploring The Resources And Supports of the Paralysis Resource Center
The Christopher & Dana Reeve Foundation is dedicated to curing spinal cord injury by funding innovative research, and improving the quality of life for people living with paralysis through grants, information and advocacy.

Today’s Care. Tomorrow’s Cure.®
Over 5.3 million Americans are Living with Paralysis

- **Stroke**
  - 1,804,850 Americans living with Stroke.

- **Spinal Cord Injury**
  - 1,462,220 Americans living with Spinal Cord Injury.

- **Cerebral Palsy**
  - 44,880 Americans living with Cerebral Palsy.

- **Multiple Sclerosis**
  - 999,080 Americans living with Multiple Sclerosis.

2013 Paralysis Surveillance Survey of the General Population
1.46 million Americans are Living with Spinal Cord Injury

- Motor Vehicle Accident, 390,856, 27%
- Sport Accident, 54,807, 4%
- Fall, 166,745, 11%
- Unknown/ No Response, 382,334, 26%
- Doing Physical Labor, 313,498, 22%
- Victim of Violence (shooting, assault), 90,254, 6%
- Other, 61,688, 4%
- Don't Know, 2,038, 0%

*The overall pie chart represents the causes of paralysis for 1,079,866 valid responses. Of the 1.4 million persons who reported a spinal cord injury, the cause of paralysis could not be determined for 26% (n=382,334) due to missing, unintelligible, or incomplete data.
We created the Paralysis Resource Center to help people navigate the chaos of paralysis with reliable information, referral services, and a message of hope.

- Dana Reeve
Conditions Served by the Paralysis Resource Center

Information Specialists can assist with paralysis caused by any condition

- Amyotrophic Lateral Sclerosis
- Arteriovenous Malformation
- Brachial Plexus Injury
- Brain Injury
- Cerebral Palsy
- Friedreich’s Ataxia
- Guillain-Barre
- Lyme Disease
- Multiple Sclerosis
- Spina Bifida
- Post Polio
- Spinal Muscular Atrophy
- Spinal Cord Injury
- Transverse Myelitis
- Stroke
- Spinal Tumors
Information Services

Information Specialists provide support and answer paralysis related questions

Set up an appointment or ask a question online at:
https://www.christopherreeve.org/get-support/ask-us-anything

Call us at:
1-800-539-7309

Email us at:
InfoSpecialist@ChristopherReeve.org
Information Specialist Inquiry Process

- Ask a question. IS will listen to your concerns and will gather pertinent information.
- IS will conduct research based on your concerns, location, available resources, language preference, etc.
- You will receive a customized answer and resources.
Free Materials & Resources

Books

Wallet Cards

Fact Sheets

Publications
www.christopherreeve.org
Fact sheets A-Z

Our fact sheets are updated regularly to include information and services for top paralysis topics, as well as state and international resources. Review and download our hundreds of fact sheets for free.

**Topic resources**

Download free fact sheets listing topical disability resources.

**State resources**

Download free fact sheets listing disability resources for every state.

**International resources**

Download free fact sheets listing international disability resources.

**Hojas de datos en español**

Descargue hojas de datos que listan recursos para la discapacidad por temas gratuitamente.
Resource Map

Opportunity Project Inc
2.1 miles away
The mission of Opportunity Project is to empower persons with brain injuries to achieve self-esteem, self-determination, personal growth, independence, and attainment of their full potential.
60 East Willow Street, Millburn, NJ 07041
Tel: (973)921-1000 · Fax: (973)921-2007
http://www.opportunityproject.org
Support: Brain Injury

Summit Area YMCA
2.3 miles away
The Y is a charity, dedicated to youth development, healthy living and social responsibility.
67 Maple St, Summit, NJ 7901
Tel: (908) 273-3330 · Fax: (908) 273-0258
Request Forms

Ask us anything

Our team of information specialists is available to answer questions and provide individualized support. We're here to help whether you've sustained an injury, or are getting in touch on behalf of someone else.

Ways to ask us a question

- **Give us a call**
  - Our information specialists are available

- **Schedule a call**
  - Schedule a call with an information specialist

- **Send a question**
  - Use our form. An information specialist will get back to you.

Request a peer mentor

The best source of knowledge is experience. That's why we created the Peer & Family Support Program for people living with paralysis, as well as those who care for them, to come together for hope, support, and a way forward.

Ways to request a peer mentor

- **Give us a call**
  - We'll take your details over the phone. We're available Mon-Fri, 9am-5pm

- **Use our simple form**
  - A program coordinator will respond as soon as possible.
National Lending Library

- 5000+ books & videos available on paralysis – related subjects
- Free book/video loan with free mailing and return postage
- Interlibrary loans state-wide and nationally
- Online catalog and children’s catalog @ Reeve Website
Online Community

On-demand videos

Paralysis and caregiver related content

Facebook, Twitter, and online forums

Monthly webcasts

Free social networking platform dedicated to the paralysis community
Military & Veterans Program

Supports all military services members - no matter what era they served in

Injury doesn’t need to be combat-related

Information & referral services tailored for Military and Veteran population
The Peer & Family Support Program (PFSP) is a national peer to peer mentoring program that provides support and information on local and national resources to people living with paralysis as well as their family members and caregivers.
Goals of the PFSP

• Provide support and information to people living with paralysis, their family members and caregivers so that they can maintain independence and improve their quality of life
• Increase the amount of mentoring occurring across the country
• Provide a standardized baseline of training to ensure a level of consistency nationwide
• Connect our peer mentors and peers to the Paralysis Resource Center
PFSP Statistics

- Over 7,700 peers
- 275 peer mentors in 40 states
- More than 14,300 encounters
PFSP Mentors

• People living with paralysis and Family Members/Caregivers
• Living with paralysis or the family member of someone living with paralysis for at least one year
• Thriving in their lives and able to demonstrate skills and an outlook that empower others
• Trained and certified by the PFSP
Our Mentors Provide

- Guidance and perspective from someone who understands
- Individualized support focused on the peer’s needs
- Answers to peer questions based on their own knowledge and experience
- Assistance with locating resources
- Confidential interactions
Benefits of Mentoring

• Reduced feelings of isolation
• Increased knowledge about living with paralysis and available resources
• Improved independent living skills (dependent on individual ability)
• Strengthened sense of self-determination
• Increased confidence and motivation
• Improved outlook on life with paralysis/optimism about the future
• Enhanced quality of life
Peer/ Mentor Matching

- Level of injury
- Gender
- Age
- Marital status
- Cause of paralysis
Peer/Peer Mentor Relationship

- Peer-focused program
  - Peers determine the topics of discussion, frequency of encounters, and how they will communicate with their mentor (in person or by phone, email, text, or video chat)
- Peers are newly injured individuals and those who have been living with paralysis for years as well as family members/caregivers
- Mentoring can be a single encounter or a long-term relationship
- The peer/peer mentor relationship is a private, confidential relationship
How to Request a Mentor

Complete the online request form or

Call the Reeve Foundation or

Contact the program during our Office Hours to speak directly with a mentor
Peer Mentor Training and Certification Process

- Submit a brief online application
- Participate in a phone interview with staff
- Attend a virtual peer mentor training
- Agree to a code of conduct and submit to a background check
Peer Mentor Trainings

- Conducted using videoconferencing
- Allow participants to attend from their homes/offices or as part of a group at a host facility
- Topics covered include effective peer mentoring, ethics in mentoring, and interpersonal communication skills along with an introduction to the Reeve Foundation and Paralysis Resource Center
Questions?
Contact Us!

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Thank You!