



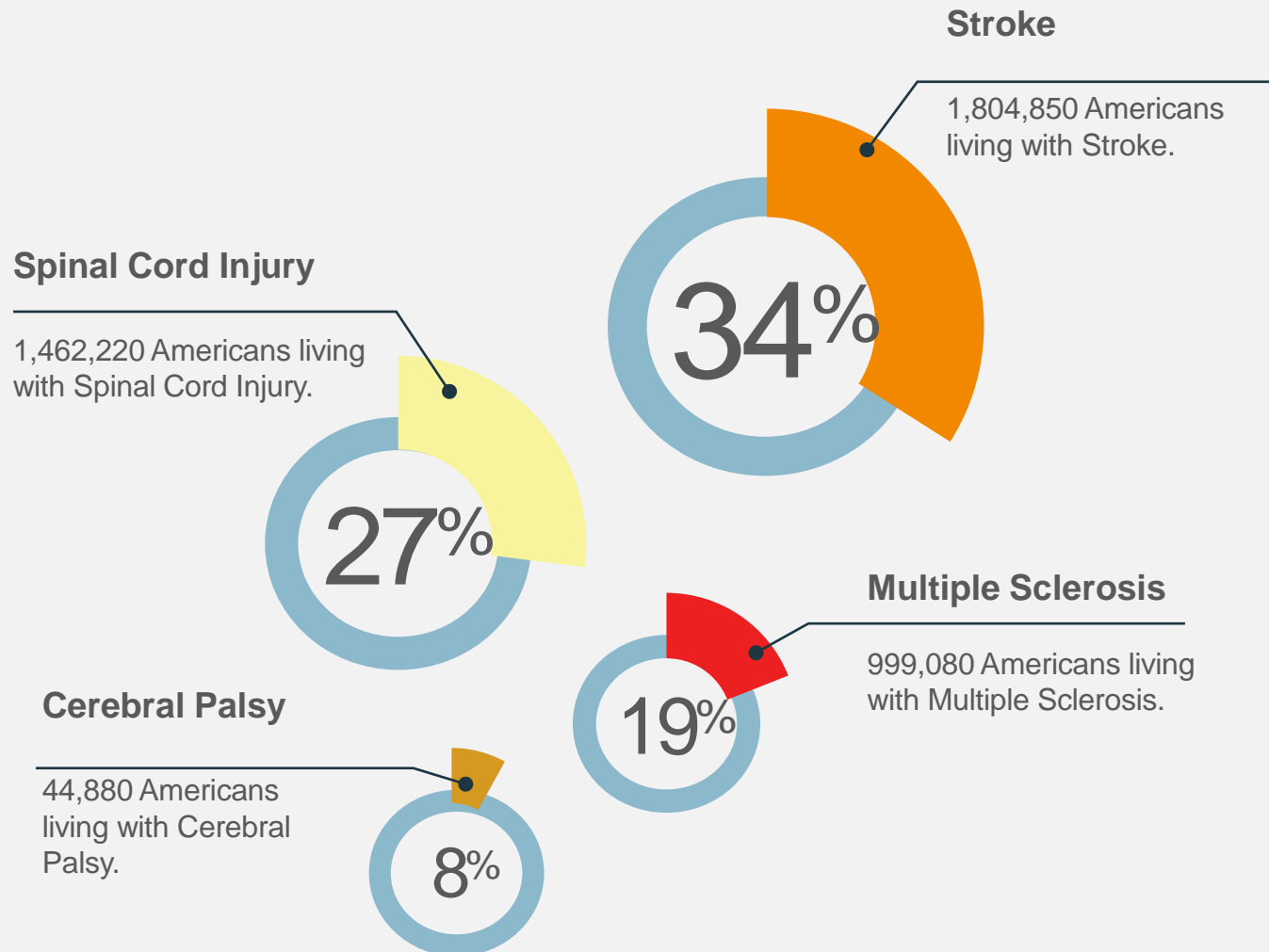
# Exploring The Resources And Supports of the Paralysis Resource Center



## Today's Care. Tomorrow's Cure.®

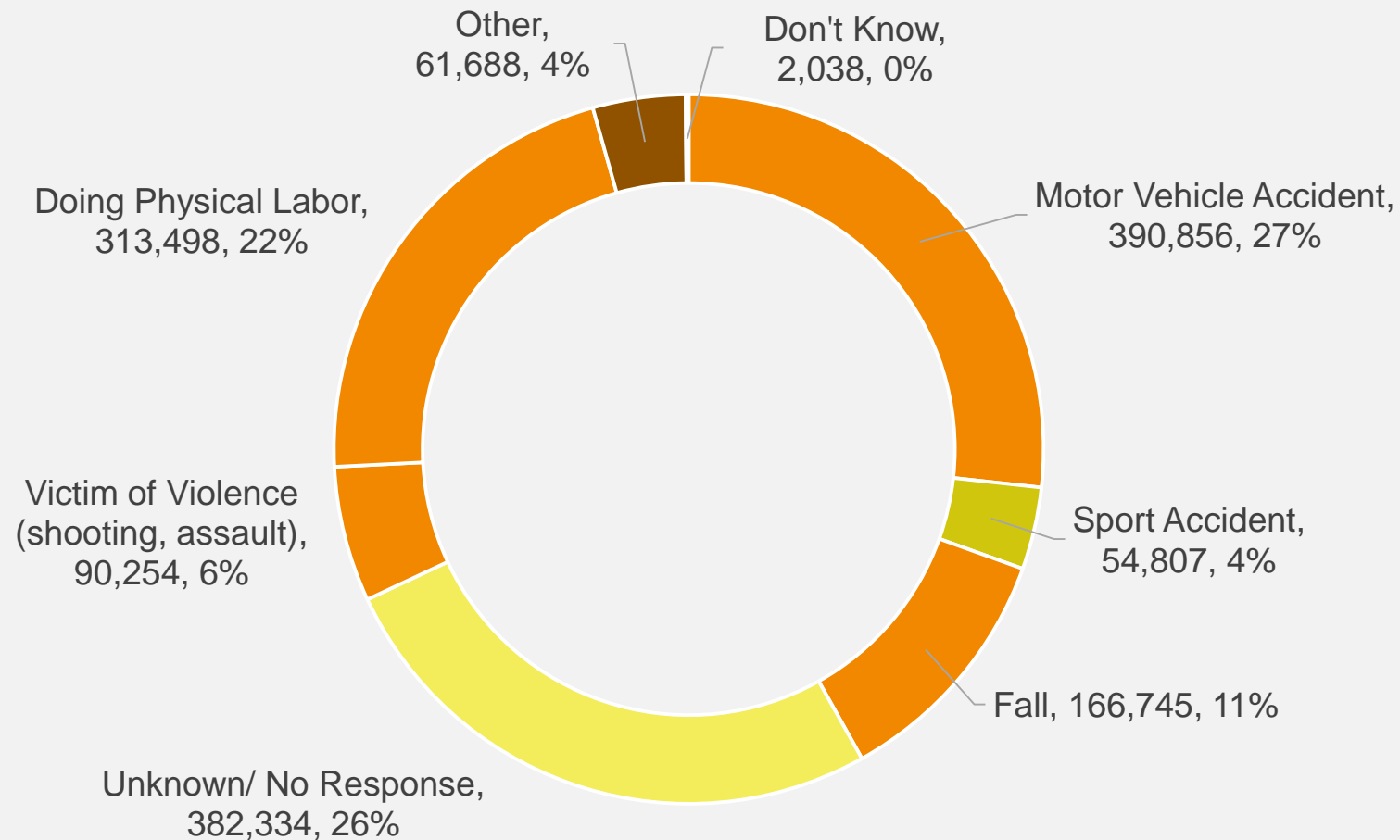
The Christopher & Dana Reeve Foundation is dedicated to curing spinal cord injury by funding innovative research, and improving the quality of life for people living with paralysis through grants, information and advocacy.

# Over 5.3 million Americans are Living with Paralysis



2013 Paralysis Surveillance Survey of the General Population

# 1.46 million Americans are Living with Spinal Cord Injury



\*The overall pie chart represents the causes of paralysis for 1,079,866 valid responses. Of the 1.4 million persons who reported as spinal cord injury, the cause of paralysis could not be determined for 26% (n=382,334) due to missing, unintelligible, or incomplete data.

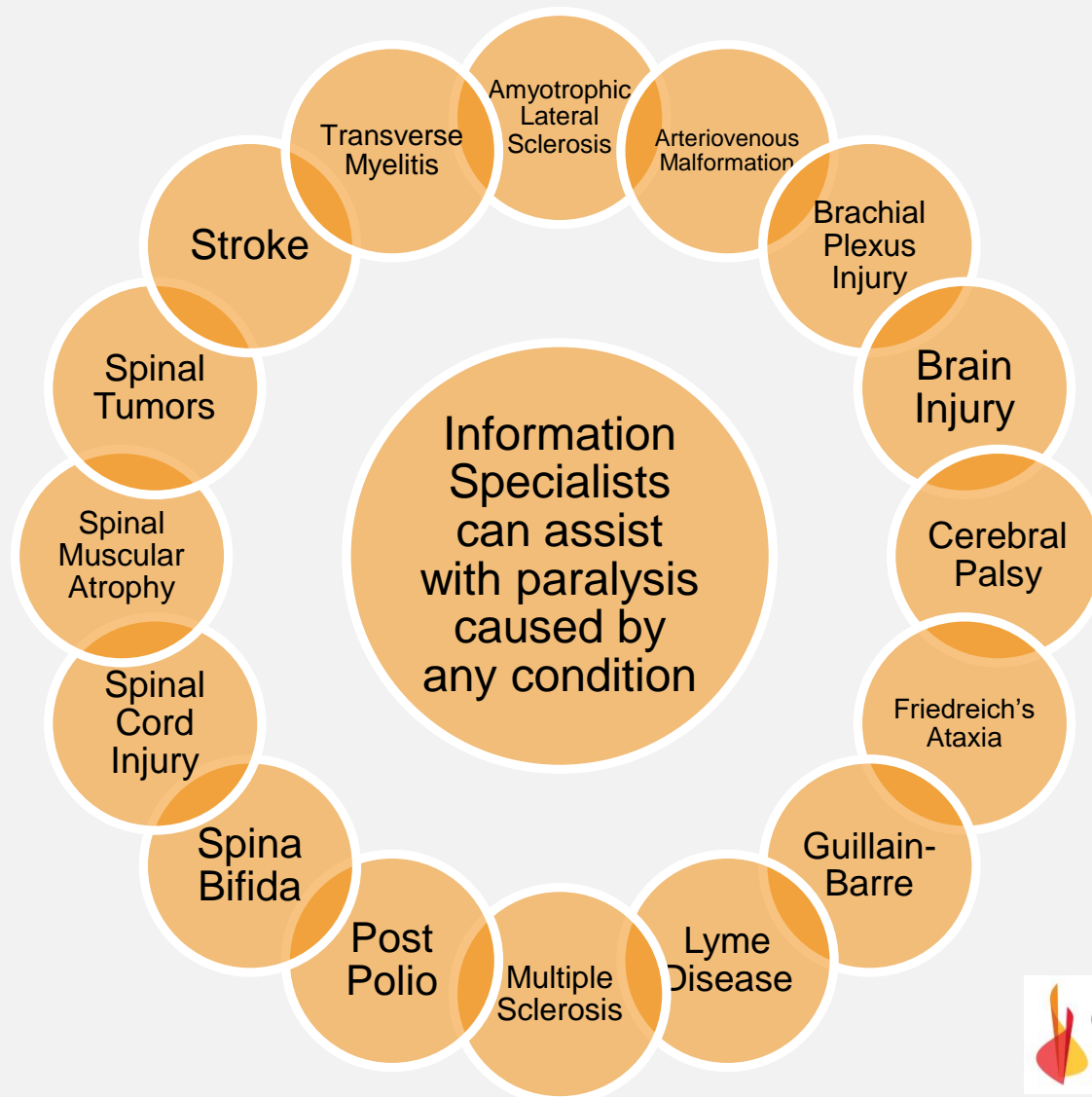
# Today's Care: Paralysis Resource Center

*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 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](tel:1-800-539-7309)

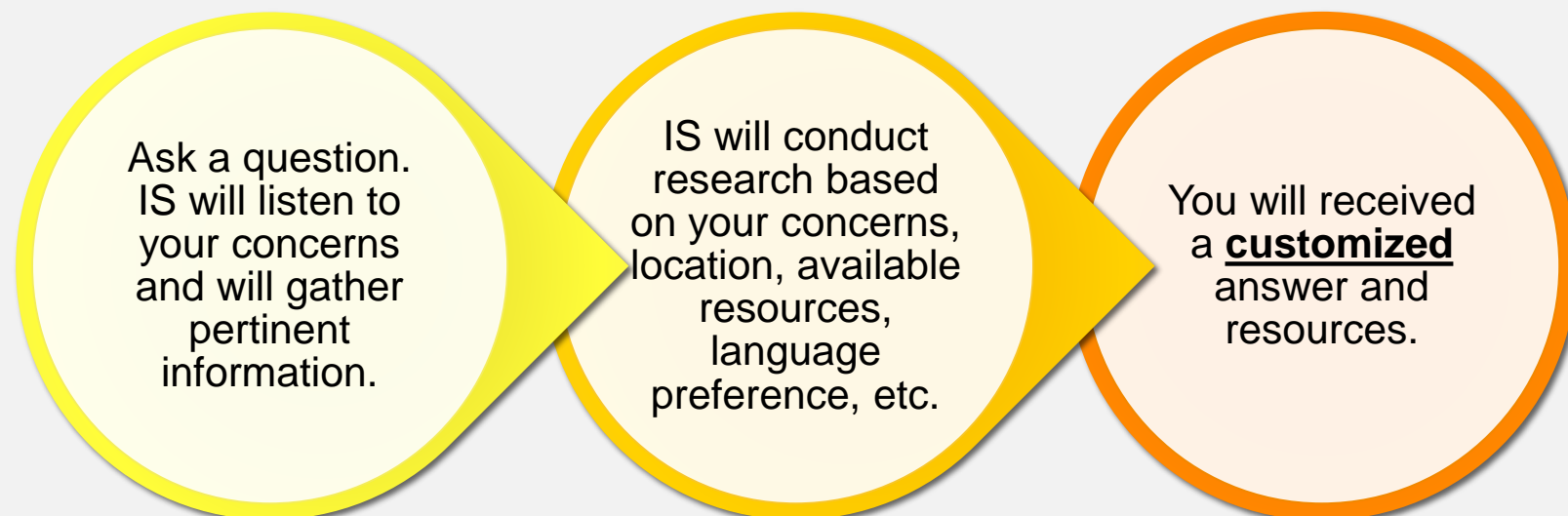


Email us at:

[InfoSpecialist@ChristopherReeve.org](mailto:InfoSpecialist@ChristopherReeve.org)

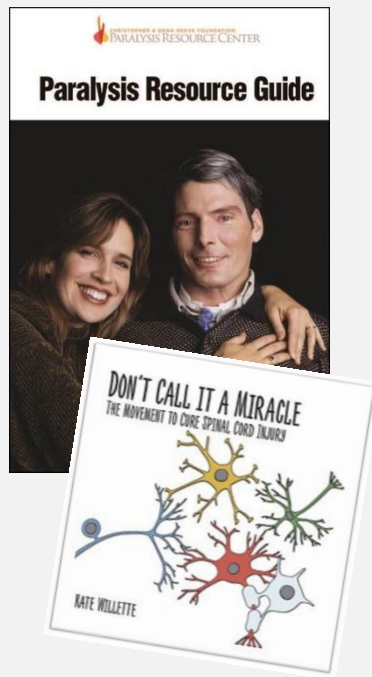


# Information Specialist Inquiry Process





# Free Materials & Resources



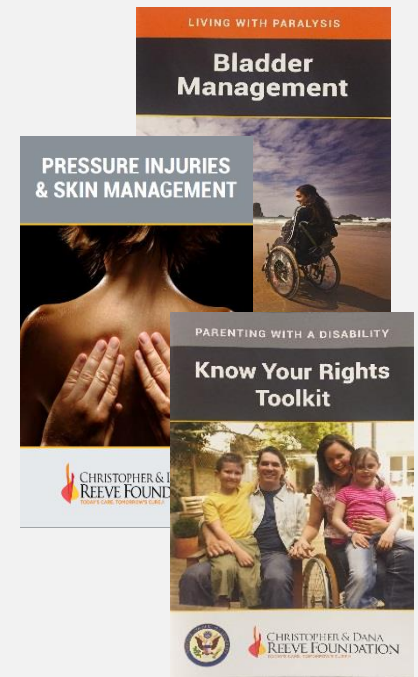
Books



Wallet Cards



Fact Sheets



Publications

# www.christopherreeve.org

The screenshot shows the homepage of the Christopher & Dana Reeve Foundation. The browser address bar displays "Secure | https://www.christopherreeve.org". The header features the foundation's logo on the left, which includes a stylized flame icon and the text "CHRISTOPHER & DANA REEVE FOUNDATION" with the tagline "TODAY'S CARE. TOMORROW'S CURE.®". To the right of the logo are three links: "Ask us anything" with a question mark icon, "Resources in your area" with a location pin icon, and "Fundraise with Team Reeve" with a lightning bolt icon. A search icon is also present. Below the header is a navigation bar with links: "Living with Paralysis", "Get Support", "Get Involved", "Research", "Events", "Blog & Forum", "About Us", and a prominent orange "Donate" button. The main content area features a large background image of a man in a wheelchair holding a young child. Overlaid on this image is the text "Caring for people today. Finding cures for tomorrow." in large white font. Below this text are two call-to-action buttons: a yellow "Get involved" button and the text "or, donate now".

CHRISTOPHER & DANA REEVE FOUNDATION  
TODAY'S CARE. TOMORROW'S CURE.®

Ask us anything | Resources in your area | Fundraise with Team Reeve

Living with Paralysis | Get Support | Get Involved | Research | Events | Blog & Forum | About Us | **Donate**

**Caring for people today.  
Finding cures for tomorrow.**

**Get involved**  
or, donate now

# Fact Sheets

[←](#) [→](#) [🔄](#) [🔒 Secure](#) <https://www.christopherreeve.org/living-with-paralysis/fact-sheets-a-z> [☆](#)

[Living with Paralysis](#) [Get Support](#) [Get Involved](#) [Research](#) [Events](#) [Blog & Forum](#) [About Us](#) [Donate](#)

[Living with Paralysis](#) > [Fact sheets A-Z](#)

## 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



CHRISTOPHER & DANA  
REEVE FOUNDATION  
TODAY'S CARE. TOMORROW'S CURE.®



RESOURCE  
MAP

Search

-Select a type-

317 results found

Quality of Life Grantees ★

**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.

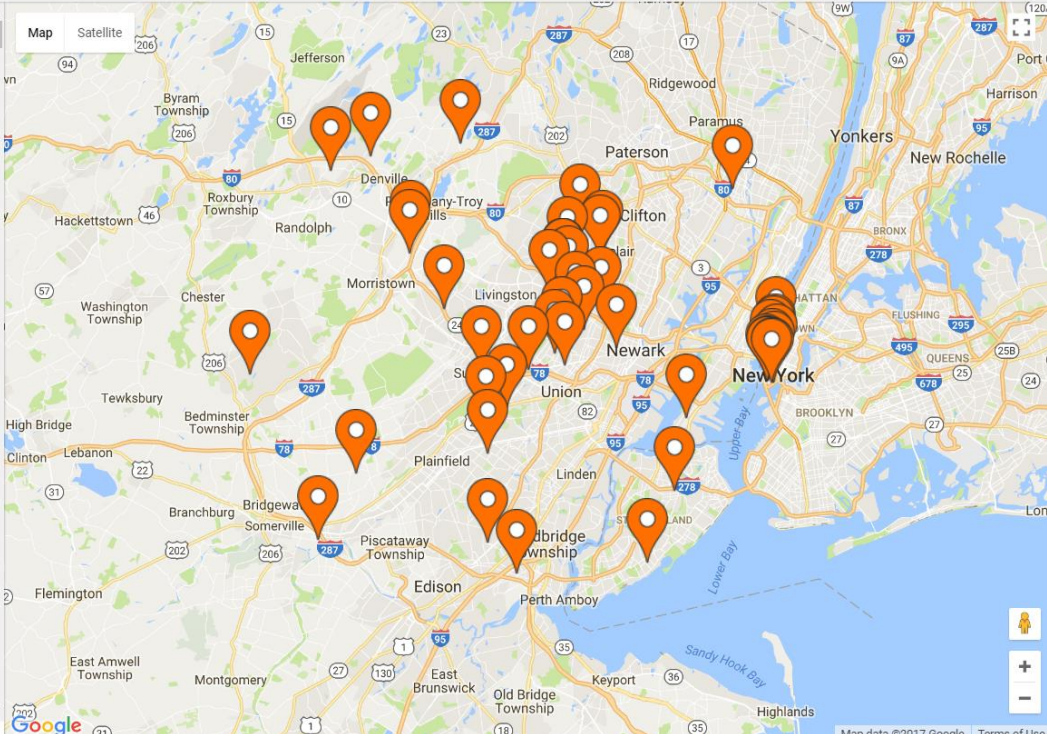
60 East Willow Street, Millburn, NJ 07041  
Tel: (973)921-1000 · Fax: (973)921-2007  
<http://www.opportunityproject.org>  
[Support](#) [Brain Injury](#)

**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

Map Satellite



Map data ©2017 Google Terms of Use



# Request Forms

The screenshot shows the 'Ask us anything' page of the Christopher & Dana Reeve Foundation. The header includes the foundation's logo and navigation links: 'Ask us anything', 'Resources in your area', and 'Fundraise with Team Reeve'. A secondary navigation bar contains links for 'Living with Paralysis', 'Get Support', 'Get Involved', 'Research', 'Events', 'Blog & Forum', 'About Us', and 'Donate'. Below the navigation, a breadcrumb trail shows 'Get Support' > 'Ask us anything'. The main heading is 'Ask us anything', followed by a paragraph explaining that the team of information specialists is available to answer questions and provide individualized support. Below this, a dark grey bar contains the heading 'Ways to ask us a question'. At the bottom, there are three white boxes with icons and text: 'Give us a call' (phone icon), 'Schedule a call' (calendar icon), and 'Send a question' (envelope icon).

CHRISTOPHER & DANA REEVE FOUNDATION  
TODAY'S CARE. TOMORROW'S CURE.®

Ask us anything Resources in your area Fundraise with Team Reeve

Living with Paralysis Get Support Get Involved Research Events Blog & Forum About Us Donate

Get Support > Ask us anything

## Ask us anything

Our team of information specialists is available to answer questions and provide individualized support. We're on hand 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

**Send a question**  
Use our form. An information specialist

The screenshot shows the 'Request a peer mentor' page of the Christopher & Dana Reeve Foundation. The header and navigation are identical to the previous page. The breadcrumb trail shows 'Get Support' > 'Request a peer mentor'. The main heading is 'Request a peer mentor', followed by a paragraph explaining that the best source of knowledge is experience and that the Peer & Family Support Program is for people living with paralysis, as well as those who care for them. Below this, a dark grey bar contains the heading 'Ways to request a peer mentor'. At the bottom, there are two white boxes with icons and text: 'Give us a call' (phone icon) and 'Use our simple form' (envelope icon).

CHRISTOPHER & DANA REEVE FOUNDATION  
TODAY'S CARE. TOMORROW'S CURE.®

Ask us anything Resources in your area Fundraise with Team Reeve

Living with Paralysis Get Support Get Involved Research Events Blog & Forum About Us Donate

Get Support > Request a peer mentor

## 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 EST**

**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

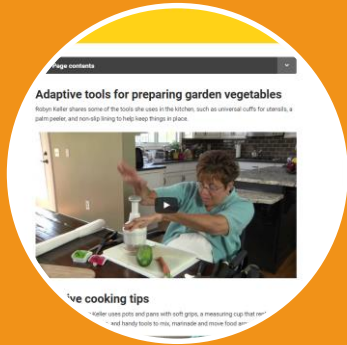


Interlibrary loans state-wide and nationally



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

MVP



# Peer & Family Support Program

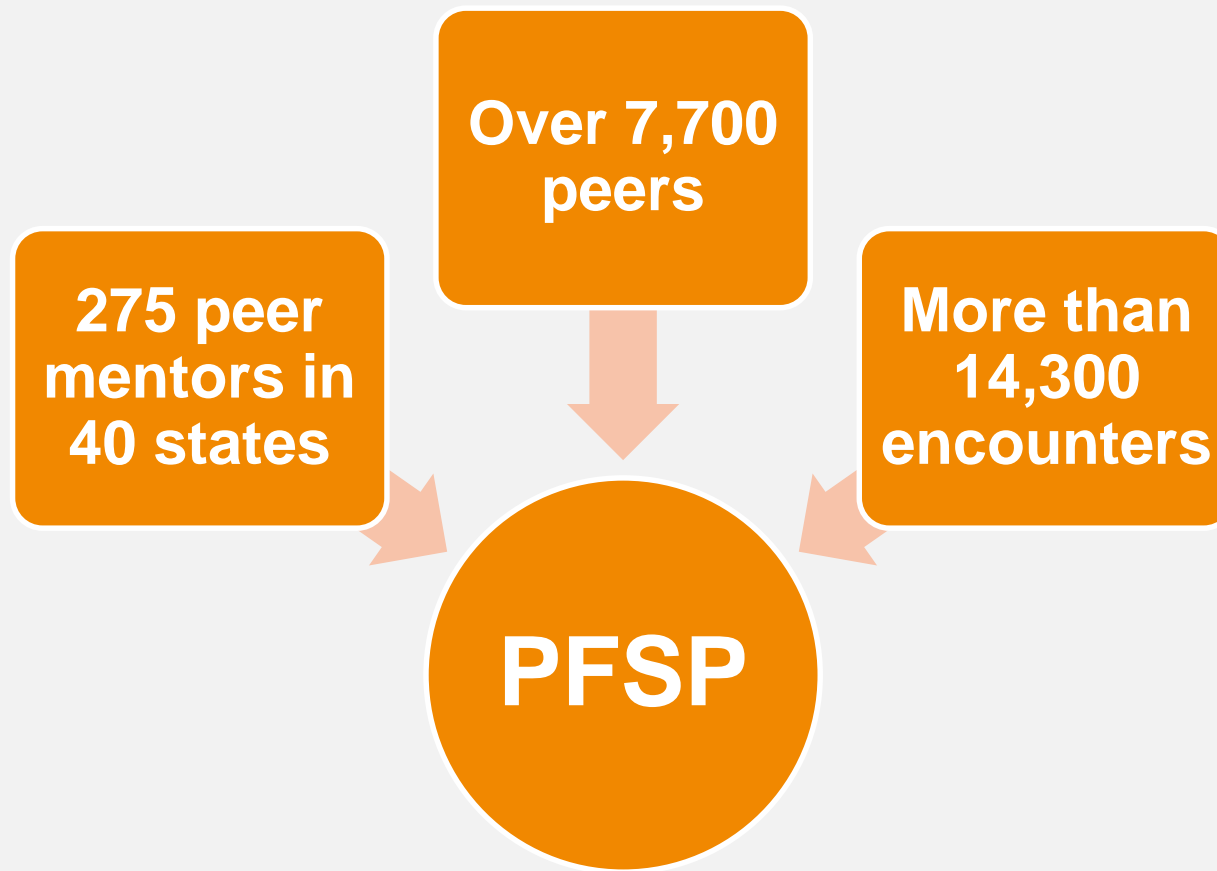
The Peer & Family Support Program (PFSP) is a national peer to peer mentoring program that provides support and information on local and national resources to people living with paralysis as well as their family members and caregivers.



# 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



# 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!

Bill Cawley

*Director, Peer & Family Support Program*

(973) 879-3083

[BCawley@ChristopherReeve.org](mailto:BCawley@ChristopherReeve.org)

Rebecca Sultzbaugh

*Program Manager, Peer & Family Support Program*

973-933-7228

[RSultzbaugh@ChristopherReeve.org](mailto:RSultzbaugh@ChristopherReeve.org)







Thank You!