



Supporting SCI Recovery at Every Stage

2024 Impact Audio Report Transcript

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ANNOUNCER: 00:00

[Music] Welcome to Course Correction, the podcast where we explore powerful stories and innovative solutions in spinal cord injury recovery. In today's episode, we dive into two transformative programs from Kessler Foundation's Center for Spinal Cord Injury Research. Whether you're navigating life after SCI, supporting a loved one, or working in rehabilitation, this episode is packed with insights, resources, and real-life experiences that matter.

Stay tuned as we speak with experts and hear from John McAleavey, a 32-year SCI survivor and advocate, about how these programs are changing lives from hospital to home.

Thanks for joining us on Course Correction. If you or someone you know is living with a spinal cord injury, remember - you're not alone. The SCI Rehabilitation Transition and Caregiving Skills and Support Programs are here to guide the way. Special thanks to John McAleavey for sharing his journey and to our generous donors for making this work possible. For more resources, visit KesslerFoundation.org and listen to John's podcast at QuadCast.com.

Don't forget to subscribe and share this episode to help others find the support they need.

ANDREW: 00:47

Navigating life after a spinal cord injury can be daunting. Individuals and their families are overwhelmed with information, difficult decisions, and an uncertain future - all while dealing with the physical and emotional impact of a life-altering injury.

Two complementary, multi-faceted new programs from the Center for Spinal Cord Injury Research at Kessler Foundation offer a comprehensive roadmap to overcome these challenges and empower individuals with SCI to rebuild their lives.

From hospital to home

Through an integrated program of outreach and education, individuals with SCI receive support and guidance to successfully navigate from hospital to home and optimize their outcomes.

"Providing educational and supportive resources at the onset of injury is key to our SCI Rehabilitation Transition Program," says Denise Fyffe, PhD, senior research

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scientist at the Centers for Spinal Cord Injury Research and Outcomes and Assessment Research at Kessler Foundation.

"A team of SCI Navigators will work closely with clinicians at University Hospital to help patients and their families transition to a rehabilitation facility."

This unique model also allows the SCI Navigators to follow people with SCI and their families as they adjust to living at home. They will provide resources to facilitate home modifications, access transportation, schedule outpatient rehabilitation, and address health insurance and financial challenges.

Elevating caregiver training

Individuals with SCI rely on others for care and assistance; however, most caregivers are ill-prepared for this role.

"Our new Caregiving Skills and Support Program will provide family members and/or hired caregivers with hands-on skills training, video resources, and peer support to enhance their well-being and help them meet the needs of those they assist, especially as circumstances change over time," explains Jeanne Zanca, MPT, PhD, assistant director, Center for Spinal Cord Injury Research.

"The program provides support where it is critically needed, in the 'real world' of life at home and in the community."

Thanks to your generosity, these programs are helping newly injured individuals and their families move from catastrophic injury to thriving at home and in the community, transforming what it means to be an SCI survivor.

NOVA: 03:13

[Music]

Experience guides the way

John McAleavey has lived with a spinal cord injury for 32 years. While thriving today, he vividly remembers his early struggles.

MACERIO 03:33

"The worst day of my life was the day I was injured. But returning home after my hospital and rehabilitation stays was another day I will never forget. It simply opened up a range of issues my family and I were not prepared for." equitable care, which

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increases their risk of significant additional health conditions, particularly cardiovascular disease.

NOVA: 03:51

These days, in addition to being a podcaster and an SCI peer counselor, John is helping to guide the new SCI Rehabilitation Transition and Caregiving Skills and Support Programs. As a member of the steering committee, he shares his insights on navigating the myriad complex challenges that come with SCI.

MACERIO: 10:17

"Because of donors like you, these programs increase understanding, ease fears, and provide much-needed resources,"

"Your support is appreciated more than you know."

NOVA: 10:17

Listen to John's podcasts at [QuadCast.com](https://quadcast.com)

ALLOY: 4:17

[Music] With listeners spanning across 90 countries, our podcasts on SoundCloud offers a fascinating insight into the impactful work of Kessler Foundation.

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