



Spinal Cord Injury Resource List

The information below was collected to help assist patients and families in finding resources available locally and nationally. We do not directly manage these resources. Please reach out to the individual organizations for further information. Please feel free to contact the Acute Rehabilitation department at 509-664-4868 ext 68300 if you have any feedback regarding this resources list.

Support Groups – Northwest Region

Name	Address/Website	Contact Information	Information
Northwest Women’s Wheelers Network	http://www.nwwwn.org/	Email a brief bio of yourself to info@nwwwn.org	Northwest Women Wheeler’s Network is a social and support group consisting of wheelchair using women from all “walks” of life. Ages range from 20s to 70s.
Spinal Cord Injury Support Meetings- Bellingham	Northwest Spinal Injury Network St. Joseph Hospital 2901 Squalicum Parkway Bellingham, WA 98225	Patrick Madsen 360-332-8484 peMadsen2000@yahoo.com	Meets the first Monday of the month at 7pm in the rehab unit meeting room.
Spinal Cord Injury Support Meetings- Redmond	Please call for location of meeting.	425-869-9506	Please call for more information on meeting times and dates.
Spinal Cord Injury Support Meetings- Seattle	Harborview Medical Center 325 Ninth Ave., Seattle, Washington http://sci.washington.edu/info/sig.asp	206-616-8568	This group meets on the third Thursday of every month from 11:00 am to 12:30pm.
Spinal Cord Injury Support Meetings- Seattle	SCI Forum, Cafeteria Conference Room B/C, University of Washington Medical Center, 1959 NE Pacific Street, Seattle, Washington, 98195 http://sci.washington.edu/	Cynthia Salzman 206-685-3999 E-mail: csalzman@u.washington.edu	The SCI Forum at the UW Medical Center is a monthly presentation series that provides information and support to SCI consumers.
Spinal Cord Injury Support Meetings- Spokane	Spinal Cord Injury Peer Support Group St. Luke’s Rehabilitation Institute 711 S Cowley Street, Spokane, WA 99202	Cynthia Moore 509-473-6681 or Main line 509-880-1321	This group meets on the third Wednesday of the month from 3:30-5 p.m.
Spinal Cord Injury Support Meetings- Vancouver, WA	Vancouver Spinal Injury Group	360-694-6790	Please call for more information on this group.
Oregon Spinal Cord Injury Connection	https://oregonsci.org/about-us/	Visit website for details	They provide support, resources, and support groups all over Oregon.



Spinal Cord Injury Washington State Organizations/Resources

Name	Address/Website	Information
Central Washington Disability Resources	https://www.mycwdr.org/	They offer resources in Kittitas, Douglas, Yakima, Chelan, and Grant counties for those with disabilities.
Division of Vocational Rehabilitation	https://www.dshs.wa.gov/office-of-the-secretary/division-vocational-rehabilitation or https://www.dshs.wa.gov/location/dshs-dvr-wenatchee	Helping individuals with disabilities to participate fully in their communities and become employed is our purpose and passion. Please visit the website for more details on the services provided.
Here and Now Project	https://hereandnowproject.org/ PO Box 1572, Sumner, WA 98390	They offer annual meet ups, resources, and are active in the SCI community.
Northwest Access Fund	http://www.nwaccessfund.org/	Offers an opportunity for loans for assistive technology and business, financial counseling, and individual development accounts for assistive technology.
Northwest Regional Spinal Cord Injury System	http://sci.washington.edu/ University of Washington Medical Center, 1959 NE Pacific Street, Seattle, Washington, 98195	They offer summits, forums, videos, information and educational material, and resources.
Paralyzed Veterans of America-Washington Chapter	https://www.pva.org/ 616 SW 152nd Suite B, Burien, WA 98166 206-241-1843 or 800-336-9782	They offer research and resources, options for adaptive sports, and support for caregivers, veterans, and providers.
Washington Assistive Technology Act Program	http://watap.org/	They offer assistive technology device lending for a small fee. The program allows individuals make an independent decision about what device will work best for them before making a financial commitment.



University of Washington Programs

University of Washington Programs	http://sci.washington.edu/info/pamphlets/index.asp	Please see website for full list of programs.
UW: Driving Program	http://sci.washington.edu/info/driving_program.asp	The Occupational Therapy Department at the University of Washington Medical Center conducts a program to evaluate and instruct individuals with disabilities for driving potential. Participants in the Driving Rehabilitation Program receive specialized drivers training, and if needed, assistance in the selection of adaptive equipment, and instruction in its use. Please see website for eligibility requirements.
UW: Fertility Program	Fertility Clinic, Department of Urology 206-598-3300	Please call for more information.
UW: Assistive technology	Assistive Technology and Seating Clinic 206-598-4830	Please call for more information.
UW: Vocational Rehabilitation	206-598-4830	Please call for more information.

Spinal Cord Injury National Organizations/Resources

Name	Address/Website	Information
New Mobility: A magazine for wheelchair users	www.newmobility.com	They are a magazine for new wheelchair users. They offer monthly articles, blogs, classifieds, and other materials. Free membership to print magazine.
Christopher and Dana Reeve Foundation	https://www.christopherreeve.org/	They offer support, ways to get involved in the SCI community, a blog, events, and other research materials. Can order a free Paralysis Resource Guide.
United Spinal Association	https://unitedspinal.org/	They offer a wide range of informational resources including webinars, podcasts, peer groups and mentoring opportunities, veterans assistance, and a resource center, among other resources. Offers a free membership to the association.
Paralyzed Veterans of America	https://www.pva.org/	They offer research and resources, options for adaptive sports, and support for caregivers, veterans, and providers.
Medline Plus	https://medlineplus.gov/spinalcordinjuries.html	They offer a wide range of information, research, and resources for those with spinal cord injuries.

National Institute of Neurological Disorders and Stroke	https://www.ninds.nih.gov/Disorders/All-Disorders/Spinal-Cord-Injury-Information-Page	They offer a wide range of information including current trials, organizations, publications, and research about spinal cord injuries.
Oregon Spinal Cord Injury Connection	https://oregonsci.org/about-us/	They provide support, resources, and support groups all over Oregon.
UAB School of Medicine Spinal Cord Injury Model System	https://www.uab.edu/medicine/sci/uab-scims-information/sci-infosheets	They offer many fact sheets, information on smoking and secondary complications of SCI, reproductive health of women with SCI.
Model Systems Knowledge Transitions Center: Spinal Cord Injury	https://msktc.org/sci	Educational resources and fact sheets from model systems of care for spinal cord injury
American Spinal Injury Association (ASIA)	https://asia-spinalinjury.org/learning/	Offers many opportunities for frequently asked questions to get answered, newest SCI research, and access to third party websites for SCI information (https://asia-spinalinjury.org/information/links/).

Spinal Cord Injury Films

Name	Information
Murderball (2005) (Documentary)	Quadriplegics, who play full-contact rugby in wheelchairs, overcome unimaginable obstacles to compete in the Paralympic Games in Athens, Greece.
I'll Push You (2017) (Documentary; there is also a book with the same title)	It all started with three little words. I'll Push You is an up-close and personal look into the dynamics of a life-long friendship between of two best friends as they travel across El Camino de Santiago. This feature-length documentary covers the struggle of the 34-day, 500-mile hike across mountains, deserts, hills, and valleys and features perspectives from family and friends.