

PARALYSIS RESOURCE GUIDE

FROM THE CHRISTOPHER AND DANA REEVE PARALYSIS RESOURCE CENTER



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THE PARALYSIS RESOURCE GUIDE is a 310-page book, a comprehensive information tool for people affected by paralysis and for those who care for them.

The book, available at no cost, provides a colorful roadmap to the seemingly alien landscape of paralysis, including specific information about ALS, stroke, spina bifida, brain or spinal cord trauma, MS and other causes of disability. The text also provides an overview of health management and the specialized clinical issues related to paralysis. In addition, the GUIDE outlines hopeful scientific research to restore lost function.

THE RESOURCE GUIDE offers information on maintaining an active, healthy lifestyle, including:

- ★ SPORTS AND FITNESS
- ★ TRAVEL
- ★ RECREATIONAL ACTIVITIES

The GUIDE also covers:

- ★ TOOLS AND ADAPTIVE EQUIPMENT
Cars...Computers...Chairs
- ★ UNDERSTANDING 'THE SYSTEM'
Rights...Benefits...Working
- ★ CHOOSING A REHABILITATION CENTER
- ★ PARENTS AND KIDS WITH PARALYSIS
- ★ CAREGIVING AND FAMILY ISSUES
Support...Sharing...Respite

The text is authoritative and credible but written in easy-to-understand language. Numerous national resources and contacts are listed. The book is indexed and includes a glossary of medical and rehab terminology.

See reverse side for ordering information



CHRISTOPHER & DANA REEVE
PARALYSIS RESOURCE CENTER

PVA/Sports 'N' Spokes



Independence Technology/iBOT

How to get a copy of **THE PARALYSIS RESOURCE GUIDE**

Individuals may obtain one copy of the PARALYSIS RESOURCE GUIDE free of charge.

Organizations (hospitals, libraries, corporations, etc.) may obtain multiple free copies.

Note: although the GUIDE is based on resources in the United States, individuals and organizations throughout the world are eligible for a free copy.

Contact the Paralysis Resource Center for bulk orders.

The PARALYSIS RESOURCE GUIDE **is also available in Spanish.**

TO ORDER VISIT

www.paralysis.org

OR E-MAIL info@paralysis.org

OR CALL TOLL-FREE 1-800-539-7309

9 am - 5 pm (Eastern)

THE PARALYSIS RESOURCE GUIDE, written by Sam Maddox, was produced by the Christopher Reeve Paralysis Foundation through a cooperative agreement with the Centers for Disease Control and Prevention (award No. U10/CCU220379).

MDA



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