

University of Washington

Northwest Regional Spinal Cord Injury System



WHO WE ARE

- The premier center for spinal cord injury (SCI) care, education and research in the Northwest, based in the Department of Rehabilitation Medicine at UW and Harborview Medical Centers.
- A nationally recognized leader in providing information and education to people with SCI, family members and caregivers, health care providers, researchers, disability organizations, policy makers and educators.
- Hub of the regional SCI community, providing networking and support, fostering connections, and nurturing ongoing relationships between people and resources.

WHAT WE DO

- Collect long-term health and outcome information for the National SCI Statistical Center to improve understanding of SCI health care needs and best health care practices.
- Conduct research to improve health, function and independence after SCI.
- Provide information about SCI to patients, their families and health professionals.
 - ♦ **SCI Podcasts:** Listen anytime, anywhere to our SCI Forum Podcast, featuring interviews, panel discussions and talks on life with SCI.
 - ♦ **Website (sci.washington.edu):** A trusted international resource on all aspects of living with SCI.
 - ♦ **SCI Forums:** An evening educational program for persons with SCI and their friends, family members and caregivers covering health and wellness topics relevant to the SCI community. Forums are recorded and posted online.
 - ♦ **SCI Videos:** More than 100 videos on our website and YouTube channel including our SCI Forum videos and our training videos on wheelchair skills, respiratory management, and other SCI topics.
 - ♦ **SCI Wellness Summit:** Biennial half-day educational symposium drawing together SCI consumers, health professionals, service providers, and vendors for workshops, demonstrations, and presentations on all things SCI.
- **SCI Empowerment Project:** Printable SCI Health Guides and 30 short videos on wheelchair skills, improving hand function, respiratory/leg-wrapping techniques and profiles in aging with SCI.
- **Stay Connected:** Join our email list at sci.washington.edu/subscribe

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