



SCI FORUM

Northwest Regional Spinal Cord Injury System
University of Washington • 2019



Wednesday, February 27 at 7:00 PM

Hospital Cafeteria (Plaza Café) Conference Room A/B/C
University of Washington Medical Center, 1959 NE Pacific St., Seattle, WA, 98195

Getting Around Town: Securing You and Your Chair

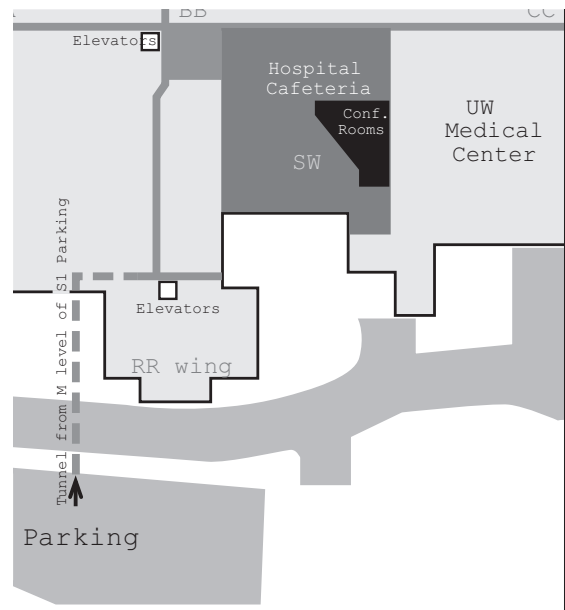
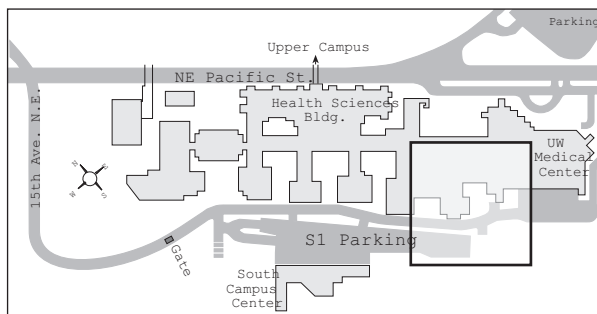
Presented by Elisa Smith, PT, DPT, NCS; Holly Wakefield, PT, DPT, NCS; Susan Collins, CTRS/R; and Julie Grant, OTR/L.

Whether you travel by car, van, or bus, you want to get around town safely. What is the best way to do this? Stay in your chair, or transfer to a seat? What if transferring is not an option? In this forum, two PTs, an OT, and a Recreation Therapist will present current information so you can make decisions about the best, safest way to transport yourself and your wheelchair. They will focus on being a passenger (adaptive driving will not be covered). **Continuing Education Credits** will be available for physical and occupational therapists: 1.5 contact hours. Certificates will be provided.

5:30 PM - 6:30 PM Meet & Greet hosted by the Here & Now Project: meet in the hospital cafeteria (Plaza Café) before the forum to socialize and share pizza generously provided by the Here & Now Project. No RSVP—just show up!

How to get to the forum:

- Enter the S-1 parking lot off 15th Ave NE. Stop at the gatehouse to purchase a parking pass (\$5).
- Park on the M level (see map below).
- Take the tunnel labeled “Hospital” into RR wing (see map on right) and take the elevator up to first floor.
- Go down the hall; the cafeteria (Plaza Café) will be on your right.



Enlargement of inset area from left.

2019 SCI Forum Schedule

Wednesday, March 27..... *Building a Support Community: Here & Now Project*
Saturday, May 11 *SCI Wellness Summit*
Wednesday, June 26 *Working With Your Non-SCI Health Care Provider*
Wednesday, September 25 *Shoulder Health and SCI*

Forums are subject to change. Be sure to check our website for up-to-date information:
sci.washington.edu/forum

Subscribe to receive announcements of upcoming forums: ***sci.washington.edu/subscribe***

The SCI Forum is an evening information and discussion program focusing on topics relating to life with spinal cord injury. For more information, contact Cynthia Salzman at 206-685-3999 (csalzman@uw.edu), or visit our website at <http://sci.washington.edu/forum>.
Open to the general public.