

# Northwest Regional Spinal Cord Injury System

University of Washington, Department of Rehabilitation Medicine



## 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. New episodes every month.
  - ♦ **Website ([sci.washington.edu](http://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 videotaped and posted online.
  - ♦ **SCI Videos:** More than 95 videos on our website and YouTube channel includes our SCI Forum videos and our training videos on wheelchair skills, respiratory management, and other SCI topics.
  - ♦ **SCI Wellness Summit:** Annual half-day educational symposium drawing together SCI consumers, health professionals, service providers, and vendors for workshops, demonstrations, and presentations on all things SCI.
- **Peer Program:** Connecting newly injured SCI inpatients in our UW hospitals with trained peers who are thriving in the community and can offer support, resources and a positive role model.
- **Stay Connected:** Join our email list at [www.sci.washington.edu/subscribe](http://www.sci.washington.edu/subscribe).

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