

# 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 numerous stakeholder groups, including people with SCI, family members and caregivers, health care providers, researchers, disability organizations, policy makers and educators.
- Hub of the regional SCI community, providing peer 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.
  - ♦ **Website ([sci.washington.edu](http://sci.washington.edu)):** A national resource on all aspects of living with SCI, our website contains close to 600 pages and receives 300,000 visits a year from around the world.
  - ♦ **SCI Forums:** A monthly evening educational program for persons with SCI and their friends, family members and caregivers since 1987. Through experts in the field and panel discussions, the forums provide up-to-date information on a variety of health and wellness topics relevant to the SCI community. Forums are videotaped and posted online.
  - ♦ **SCI Videos:** The 75 videos currently on our website and YouTube channel ([youtube.com/uwspinalcordinjury](https://youtube.com/uwspinalcordinjury)) are watched 8,000 times a month. This collection includes our SCI Forum videos and our training videos on wheelchair skills, respiratory management, and other topics focusing on improving health and independence.
  - ♦ **SCI Publications:** Our newsletter and series of health education pamphlets are published online and printed for distribution in clinics and hospitals. These have been reprinted and posted around the world and even translated into other languages.
- **Peer Mentoring:** Newly injured SCI inpatients in our UW hospitals are matched with trained peers who are thriving in the community and can offer support, resources and a positive role model.

## CONTACT

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