LIFE MATTERS

sia spinal injuries association
for life after spinal cord injury

ABOUT SPINAL INJURIES ASSOCIATION

FACTSHEET



This factsheet explains:

- About SIA
- What SIA does
- Practical support
- Specialist clinical support
- Emotional support

This factsheet is designed to support individuals living with a spinal cord injury (SCI), along with their families and friends. It offers clear guidance to help individuals understand the clinical, psychological and social aspects of spinal cord injury, and to feel more confident navigating daily life, healthcare decisions and long-term wellbeing.



BODY MATTERS

What we want to do

We want to help everyone who has a spinal cord injury (SCI). We help them deal with problems they face and connect them to people who can help and support them. We want to help them live good lives in the way they choose.

What we do

Every two hours, someone gets a spinal cord injury. This changes their life completely. It changes their family's life too. People can get a spinal cord injury in accidents or because of illness.

The NHS helps people who are newly injured to start getting better. We help them with everything else they need. We help people with spinal cord injury and their families in many different ways. We give them time, help from experts, and connect them with important people. This helps them live happy, full lives.

Help with everyday things

Life is different after a spinal cord injury. Jobs, relationships and even homes might need to change. But this isn't always bad. Getting support from people who have been through the same thing is really important. That's why our Support Network team is ready to help newly injured people, even before they leave hospital.

Our Support Network team can give advice about:

- Jobs and work
- Travel
- Making places easier to get around
- Housing and homes
- Money matters
- And much more

They can also put you in touch with other services if they can't help with something you need.

Medical help

Our medical experts include nurses and therapists. They make sure every person with a spinal cord injury gets the best care, no matter where they are.

They can give advice about medical care like:

- Looking after your bowel and bladder
- Taking care of your skin
- Making important documents like emergency medical cards

Important documents we can help with

Personal care plan

This explains what care you need every day. It's helpful when someone is checking what care you need. You can print this from our website and fill it in yourself or with help from family or a carer.

Essential care passport (ECP)

This document could save your life. One of our specialist nurses has to fill it in with you. It lists all the important care you need for things like your bladder, bowel, skin and breathing. If you have to go to hospital in an emergency, this plan tells the doctors what you need to stay safe and well.

Help with feelings

Your mental health matters to us

We have our own counselling service with trained counsellors who all have spinal cord injury themselves. You can get free support over the phone or video call for up to 10 sessions. Our counselling service helps not just the injured person, but their family, friends and carers too.

We are here to listen to your worries and give you the support you need. We can also help you find other helpful services. If you think you need to talk to someone who understands spinal cord injury, talk to your local Support Coordinator and they will give us your details.

Remember - you are not alone.

For more information, contact us at:
Spinal Injuries Association, SIA House, 2 Trueman Place,
Milton Keynes, MK6 2HH
0800 980 0501 *(freephone support line open Mon-Fri 10.00am-4.00pm)*
support@spinal.co.uk

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About SIA

Spinal Injuries Association (SIA) is the UK's leading charity for everyone affected by spinal cord injury. We provide free, specialist support to help you navigate the mental and physical challenges you may face now and throughout your life.

Our nationwide team can connect you with our trusted network of experts and partners, offering guidance on legal matters, care, housing, finance, mental health and more. You can reach our support line on **0800 980 0501**.

We are the voice of people with spinal cord injury. Through our expertise we can connect you to the services and organisations you need through our network for all. Join the SIA community for free at **www.spinal.co.uk**

Tell us what you think
If you have any comments about our publications, you can email **academy@spinal.co.uk**

This factsheet has been prepared by SIA and contains topic guidance that we hope will be useful. Nothing in this factsheet should be construed as giving specific advice, and it should not be relied on as a basis for any decision or action. SIA does not accept any liability arising from its use. We aim to ensure the information is as up-to-date and accurate as possible, but please be warned that certain areas are subject to change from time to time. Please note that the inclusion of named agencies, companies, products, services or publications in this factsheet does not constitute a recommendation or endorsement.

This publication has been reviewed for accuracy and updated by:
- **our Clinical Team**
- **our Health & Care Advisory Group**

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