

You are invited to attend a Support Group for:

People who have an incomplete spinal cord injury with some capacity to walk

The aim of this group is to provide a friendly and informal setting for people with incomplete spinal cord injuries/conditions to share information, experiences, knowledge and support.

Who should attend?

This group is for people who have (at some point in their life) acquired an incomplete spinal cord injury/condition as the result of accident/injury, medical, surgical, viral, neurological or vascular cause.

It is specifically aimed at people who can:

- Walk unassisted
- Walk with a cane, crutches, a frame, or other assistance
- Walk, but who may also use a wheelchair

For more information please visit our website:

<http://mc2.vicnet.net.au/home/isci/web/index.html>

When : Once a month
Thursdays at 4.00-5.30 pm
Meetings normally held 3rd Thursday of the month

Where : Independence Australia
208 Wellington St, Collingwood

RSVP's to the group are essential.

Contact: Andrew Sinclair
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Background

The Victorian Spinal Cord Services, Royal Talbot Rehabilitation Centre and Independence Australia initiated this new support group in 2006 as a direct result of:

- the increasing number of people with incomplete injuries seen through services,
- the unique circumstances and experiences faced by people with spinal injuries who can walk, and
- the lack of current support services available.

Experiences common to people with incomplete spinal cord injuries who have some capacity to walk include:

- Significant concerns that may not be understood or visible to others (e.g., changes in bowel or bladder functioning, pain, fatigue, motor or sensory changes, sexual changes, changes in hopes and expectations about the future etc)
- Not going through specialist spinal cord injury rehabilitation
- Feeling isolated from other people with incomplete spinal cord injuries like their own
- Being unsure of relevant services and supports in the community



Dr Andrew Sinclair is a health psychologist. Andrew has facilitated a number of groups in the

past and specialises in working with people with chronic illness and disability.