



TRANSCRIPT OF SPINCHAT VIDEO ON WWW.INDEPENDENCEAUSTRALIA.COM

Living with Spinal Cord Injury

- See: Spin Chat logo
- See: Close ups of various SpinChat speakers
- See: On average, a new spinal cord injury is recorded every day in Australia.
- See: Rhiannon patting a horse while sitting in wheelchair.
- See: Close up of Rhiannon
- Hear: Rhiannon: "I was a bit of social butterfly. I always liked to make people laugh, and always liked to be the life of the party, but I was never too crazy."
- See: Close up of Antonio
- Hear: Antonio "I guess I was a typical 19 year old. I graduated high school, got into uni."
- See: Close up of Julie
- Hear: Julie "There was nothing stopping me from doing what I wanted to do."
- See: Close up of Josh
- Hear: Josh "On the day of my accident, it was Australia Day. Myself and three of my other mates decided to head down to the coast. My mate who was driving, sort of lost control of the car. Then we swung around and hit a mound on the side of the road. Got a bit airborne, then rolled down a 20 foot embankment, where I dislocated my neck and became a C6 C7 quadriplegic."
- See: Close up of Julie
- Hear: Julie "On the day of my accident, me and my friends had decided we were going to go out to the pub that night, and made the decision somewhere along the line, that I was able to drive home. The doctors have diagnosed my injury as C5 6 incomplete. I'm still able to move my arms. I'm still able to able to move my hands. Although I have limited movement in what I can do with my hands."

See: Close of Rhiannon

Hear: Rhiannon "I was on holiday in Bali with my mum and a friend. We decided to go for a swim in the resort swimming pool. I jumped into to what I thought was the deep end. However the sides of the pool were shallow, and hit my head, instantly breaking my neck and becoming a quadriplegic."

See: Close up of Lachie

Hear: Lachie "I was 17 years old. I was passionate about rugby. What initially happened was, what the drill involved was that someone would give you the ball, and then you'd have to beat through the first line, and on the second line you would have to drive through it and score a try. I went through to drive through and someone was behind me help driving me through. As I landed I landed a bit funny and they were on top of me. I could feel that something was wrong. I was just thinking what's going on with me, am I going to be able to play rugby again."

See: Close up of Antonio

Hear: Antonio "I had a car accident when I was 19 driving to work. My spinal cord injury is a C6 7 sever complete injury. It affects me by obviously not being able to walk. It affects my dexterity in my hands, limiting my hand function. I have very limited sensation being a complete injury throughout my body."

See: Close up of Rhiannon

Hear: Rhiannon "Early days after the injury you have to come to terms with the fact that your life has changed and it's just all about finding the happiness, and you know realising who you were before you had your injury and making sure you're still that person."

See: Close up of Julie

Hear: Julie "It was really challenging when I first came home because my daughter was still in nappies. So I had to find alternate ways to be able to dress her, and bathe her. It was like all those little things that I took for granted before my accident, I've now had to learn all new strategies to basically not only look after myself, but how to be a mum again."

See: Close up of Antonio

Hear: Antonio "Getting over depression, anxiety, self confidence, self belief doesn't happen overnight. However it does take a few years. Once you get over that, you'll embrace life, grab hold of your independence and you move forward."

See: Close up of Lachie

Hear: Lachie "If you see someone in a wheelchair, treat them like they're another person. Most of the time if they need a hand they'll yell out."

See: Julie in a wheelchair riding on the footpath with her daughter who is riding her bike

Hear: Julie "Although I'm in a wheelchair, I'm still me, I'm still a person. I've just got wheels instead of legs."

See: Close up of Antonio

Hear: Antonio "Movies, dinner, drinks, anything to do that any ordinary person will do in a social life, I'm not afraid to be out there. A lot people sort of look at you and go there's a bloke in a wheelchair out having fun. Well it's like I still enjoy fun. I can't walk but at the end of the day I'm going to go out and give life a crack."

See: Close up of Josh

Hear: Josh "There's a lot I can still do in my situation, just being in a wheelchair is not going to hold me back."

See: Close up of Lachie

Hear: Lachie "The biggest message that I want kids to get, is to feel they are not mister invincible. You can't always just go out and think you're going to be fine. At the end of the day you've got to be ready, and at the same time just be cautious about what can happen."

See: Close up of Josh

Hear: Josh "I remember when TAC came in to do a talk at my school when I was in Year 12. Looking back now and thinking it was never going to happen to me. You know, but it did."

See: Close up of Julie

Hear: Julie "Just look after your friends. Look after your mates and watch each other. Going out drinking, just be a bit cautious. Grab a cab. Don't get in a car with drunk drivers and stuff because all it takes is just one time, just one time that you will never get back.

See: Presently there is no cure for spinal cord injury

Only prevention

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