



Spinal Cord Injuries Australia

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# Impact Report 2022



The past year has been full of challenges where Spinal Cord Injuries Australia (SCIA) has seen major impacts on its services to keep supporting our clients and members.

Because of generous donors like you we are able to advance the rights, choices and entitlements of people living with spinal cord injury and other neuro conditions to ensure that high quality, relevant services are readily available.

Help us to create a world where people with spinal cord injury, neurological conditions and their loved ones live their best life.

A handwritten signature in white ink on a blue background.

**Dianne Lucas**

CEO

Spinal Cord Injuries Australia



*"I first met Branka whilst in hospital after my injury at a time where all aspects of my life were in question, from where I would live right down to how I would go to the bathroom. It was absolutely the hardest time of my life. Branka, a member of the Peer and Family Support Team, was a little beacon of hope rolling around the Spinal Unit giving me and others glimpses of hope at the possible futures for ourselves."*



**Our team of 9 Peer Support Coordinators - all with lived experience - helped:**

- **125** people with new injuries in the spinal units to adjust to life with an injury
- **180** people to build community connections
- **50** newly injured people to learn wheelchair skills for independence.

## Peer and Family Support

The Peer and Family Support team provide free, non-clinical, practical advice and lived experience of physical disability to help people with spinal cord injury to;

- Develop knowledge and learn practical skills needed for everyday living
- Make connections in the community
- Feel supported and respected
- Regain confidence and independence

## Advocacy and Policy

SCIA's policy and advocacy experts help people with spinal cord injury or neurological conditions to resolve issues that impact their independence or ability to live the life they choose.

They have experience in areas such as NDIS, equipment, and modifications, employment opportunities, pensions, personal care, access and much more.



We helped **418** clients last year and **90%** of our survey respondents rated the service **10 out of 10**.

## Emergency and Occasional Services



Our team of registered nurses and nursing assistants help people with a spinal cord injury or other physical disability on an ad hoc or emergency basis.

**42** people were provided with medical assistance in their homes redirecting resources from the hospital and safeguarding independent living.

## Support Coordination and Plan Management



Navigating the National Disability Insurance Scheme (NDIS) can be a confusing and challenging process.

Our Support Coordinators use a person-centred approach to support our clients. We believe that our clients are the experts in their situation and work alongside them to find solutions.

Our Support Coordination and Plan Management teams supported **712** people.

## Resilience Programs



The Engage program explores how the people and activities we engage with bring meaning and enjoyment to our lives and considers how both are affected when one acquires a disability.

**13** people joined our new Engage Program and rediscovered a sense of meaning and purpose after acquiring a disability.

## Employment Program



EmployAbility is a specialised employment service, assisting job seekers to aspire to, prepare for and secure meaningful work. EmployAbility offers an online job skills training program and supports every stage of their journey to work.

SCIA launched EmployAbility in January 2022. Of the **19** people who have begun the training, **5** have already secured employment.

*“I just loved the connection with other people with a spinal cord injury. We were very different people with different levels of injury, but we connected with each other.”*



**It can happen in seconds,  
but the impact lasts a lifetime.**

Every 38 hours, an Australian experiences a life-changing spinal injury. In an instant, their world will change forever.

**They'll need help. They'll need hope. They'll need you.**

## NeuroMoves

NeuroMoves is a leading exercise and therapy service for people with neurological conditions. Our specialised staff provide a safe and supportive community for clients to undertake evidence-based and client-centred practice, to achieve their health, mobility and independence goals.



### Top 5 most common conditions treated at NeuroMoves.

- 33% spinal cord injuries
- 14% stroke
- 13% brain injuries
- 9% MS
- 7% CP

NeuroMoves helped **775** clients across **12** sites nationally with **65** different conditions achieve their personal goals for participation and fitness.



**scia**

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