



Peer & Family Support

**Practical help from people
living with spinal cord injury**

scia.org.au | 1800 819 775

scia

Spinal Cord Injuries Australia



About Peer and Family Support

Help when you need it most – from people who've lived it.

Hearing the news you have a spinal cord injury can be devastating. The world as you know it changes forever and the road back to independence can be challenging.

At Spinal Cord Injuries Australia (SCIA) we offer Peer and Family Support from people who have already been through a similar journey to help you and your family navigate forward.

We provide free, non-clinical lived experience to individuals with new and existing spinal cord injuries, as well as their families.

Our team work with adults in the spinal units of Sydney, regional NSW, WA, ACT and surrounding regions. We also have a dedicated Paediatric Peer Support Coordinator for our younger clients.

Education sessions for our clients are held weekly at Royal Rehab and Prince of Wales Hospital, as well as various online and in person education sessions in other regional areas throughout the year.

Our team comprises of individuals with paraplegia and quadriplegia, complete and incomplete injuries. They have a wide range of life experiences post injury, including parenthood, employment, travel, retirement and recreation activities such as adaptive sports.

Our Peer and Family Support team have created practical educational videos about topics like car modifications, transferring and wheelchair skills on our website. Visit the Resource Hub at scia.org.au/resource-hub/ to watch our videos.

How we help

Our Peer and Family Support team work out of:

- Prince of Wales Hospital (Randwick, NSW)
- Royal North Shore Hospital (St Leonards, NSW)
- Royal Rehab (Ryde, NSW)
- Sydney Children's Hospital (Westmead and Randwick, NSW)
- University of Canberra Hospital (Bruce, ACT)
- John Hunter Hospital (Newcastle, NSW)
- Other arterial hospitals, metro and regional

We support clinicians in the units by sharing practical application and lived experience.

We know that everyone's post injury experience is different. We assist with what is important to you at all stages of your journey, so that you can:

- Regain your independence
- Make connections in your community
- Develop knowledge and practical skills for everyday living
- Feel supported and respected

Product Knowledge

We stay up to date with the latest information on new equipment, assistive technology, products and services that may be useful to you. Whether this is accessing care, modifying your home, or finding out the best transport options in your community.

We can link you up with other organisations and share their combined knowledge to support you.

t: 1800 819 775 **e:** info@scia.org.au **w:** scia.org.au





Our Programs

Peer support runs programs in the spinal injury units and out in the community

We understand that our clients can have busy schedules, particularly for those in the spinal units and so we keep things as flexible as possible.

Aside from our lived experience, our Peer and Family Support Team have undertaken training in mental health first aid, accidental counselling, active listening and communication.

Our team run various programs to support you in the spinal injury units and out in the community:

Education Sessions

The Peer and Family Support Team participate in the weekly education sessions organised by the clinical team in the spinal injury units.

We work in partnership with the clinical teams to share lived experience and practical application of knowledge and skills.

Evening Social Confidence Sessions

Going out again for the first time after you've had a spinal cord injury can be an overwhelming thought for some, but it's an important step when adjusting to life with an injury.

We run regular evening social skills sessions where you can develop the confidence to get out and about.

Sharing Core Knowledge and Skills

Our team visit regularly to discuss issues that are important to you. We help you to practically apply the knowledge that enables you to maintain health, independence, relationships and community connections.

Recreational Outings

When possible, we join the recreational outings organised by the spinal injury units to help demonstrate the practical application of learned skills in the community.

Peer Support for Family Members

We encourage and welcome family members and carers to talk to us whilst we are in the units or you can call to make an appointment for a more in depth discussion.

Our Values

Respect – We know that everyone's post injury experience is different. We assist you with what is important to you, without judgement.

Honesty – We know through personal experience how challenging adjusting to life with an injury can be. We also know that you need honest, direct and practical information.

Professionalism – Our team has undergone active listening and effective communication training and while our communication is conversational, we always maintain professional standards.

Continuity - We can support you throughout your journey. Talk to us about our ongoing supports.

Culturally responsive, person-centred practice - We treat everyone as an individual, recognising that a person is the sum of their life circumstances. We use interpreters when required.

For more information about the Peer and Family Support service visit scia.org.au/peer-support.

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About Spinal Cord Injuries Australia

Spinal Cord Injuries Australia (SCIA) is a for-purpose organisation working for people with spinal cord injury (SCI) and other neurological conditions. Individuals with SCI and similar disabilities use our community-based services to overcome barriers, enhance their independence, achieve their goals and live fulfilling personal and professional lives.

Contact Us

Whether you are a person with an injury who is looking for assistance, a family member in need of support or a clinician who would like to make a referral, just call us on 1800 819 775 or email info@scia.org.au.

Our Supporters



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