Peer Mentors Make a Real Difference!

Research shows patients with spinal cord injury (SCI) who receive intensive peer mentorship have:

- Greater participation in peer-led self-care education classes
- More active engagement in rehabilitation
- Greater confidence in their abilities to manage
- Fewer hospital readmissions

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Support

Recently injured individuals meet and talk with others with a similar injury level, age and lifestyle who are successfully living with a spinal cord injury.

Peers:
- Role model to encourage greater independence.
- Demonstrate functional skills and activities patients think may not be possible and encourage sensible risk-taking.
- Share coping skills to effectively deal with problems.
- Serve as support so that patients/families feel less alone.

How Peer Support Is Done

- Self-care education classes
- One-on-one meetings
- Group meetings
- During therapy sessions
- During community outings
- On the phone and via FaceTime
- E-mail
- Social media

Patients/families decide the method of support based on their needs and preferences.

To talk with a peer mentor is to talk to someone who knows firsthand about living with SCI.

Peers Share Insights On:

- Activities of daily living
- Self-advocacy and resourcefulness
- Accessibility and mobility barriers
- Education and employment
- Recreation and leisure
- Managing relationships and feelings
- Intimacy and sexuality
- Parenting
- Attendant care
- Effective use of time and energy
- Coping with self and body image
- Community resources

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