

Community Meetings

Persons with SCI, their families and caregivers are welcome!

Intimacy and Sexuality Meeting Men and Women (separate)

TIME:	5 to 6 p.m.
DATE:	4th Thursday of each month
LOCATION:	Shepherd Center Auditorium

Community Dinner General Peer Support

TIME:	6 to 8 p.m.
DATE:	4th Thursday of each month
LOCATION:	Shepherd Center Auditorium

Send a friend request to
Shepherd Peers Facebook page.



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

This work was supported through a Patient-Centered Outcomes Research Institute (PCORI) Award # IH-12-11-5106 and the Robert W. Woodruff Foundation. All statements in this report, including its findings and conclusions, are solely those of the authors and do not represent the views of PCORI, its Board of Governors or Methodology Committee, or of the Robert W. Woodruff Foundation.



Shepherd Center

2020 Peachtree Road, NW
Atlanta, GA 30309-1465
404-352-2020 shepherd.org

CONTACT US

404-350-7373 | minna_hong@shepherd.org

SPINAL CORD INJURY PEER SUPPORT

Integral to Transitioning
to a New Normal



Shepherd Center



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

