



Spinal Cord Injury and Socialising

Think

What are you doing this weekend? Could you do it in a wheelchair?

Imagine

Imagine how spending a year in hospital would impact your social life.

Try

Next time you see someone in a wheelchair try and keep an open mind as you would with anyone else.

How important are your friends to you?

Friends play a major role in the quality of life we live, think of all the good things that come with having friends. Good friends develop our self-esteem; support us in times of need, challenge us to try new things and offer us a fresh perspective.

Imagine if you had an accident that meant you were not able to spend too long in the sun because you don't sweat anymore, you can't play the same sports anymore because you're legs and arms are paralysed and you need help with everyday things we take for granted.

Many people may find it easier to go to socialise without you. Not because of anything you've done, just because you can't do things the same way anymore.

You're probably thinking - my friends would stick by me no matter what! Now imagine having those problems and trying to make new friends, would this be a hard thing to do?

Social isolation, access to activities and segregation are common challenges people with a disability may face. Prejudice, bias, fear and false assumptions create an inaccurate picture of people who have a spinal cord injury.

When someone's life has changed so much, it is then that they need all their friends to support them as they take on their new phase in life.



Disclaimer: This fact sheet is for education purposes only. Please consult with your doctor or other health professional to make sure this information is right for you.