

Beyond Survival

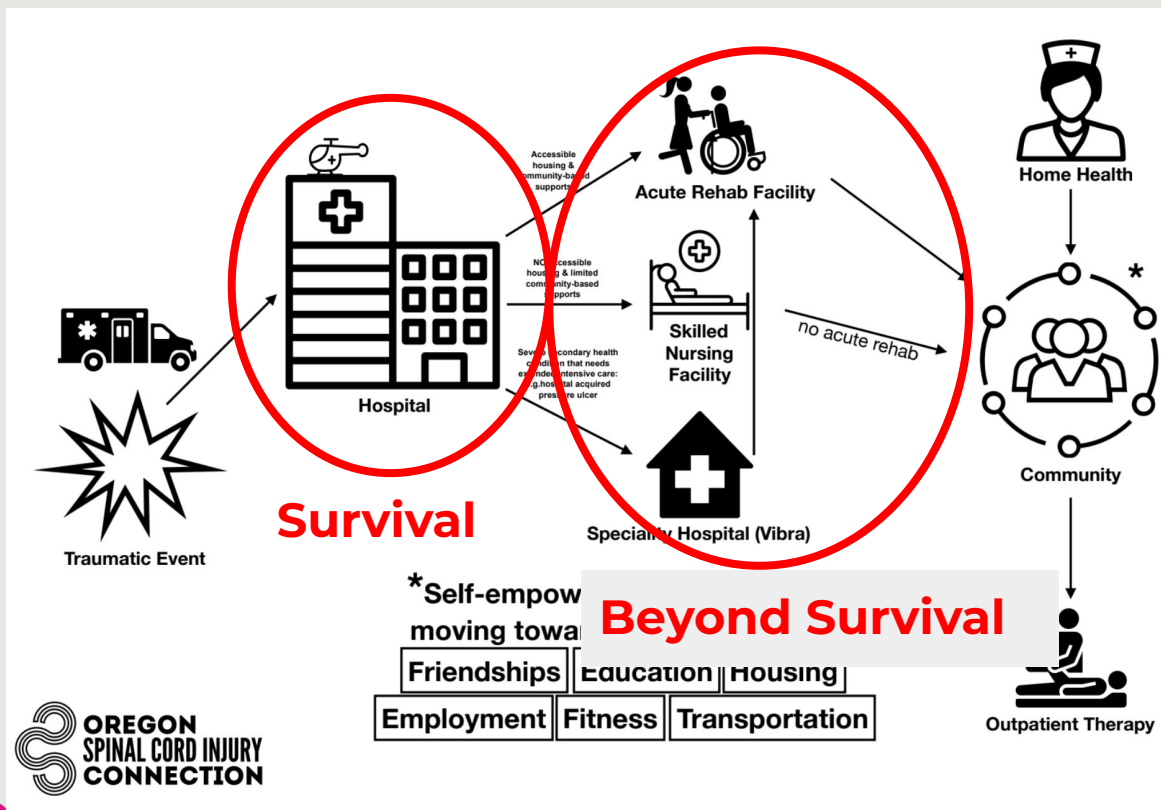
Navigating Life + Health After Spinal Cord Injury

Trauma Nursing Conference - October 18, 2025

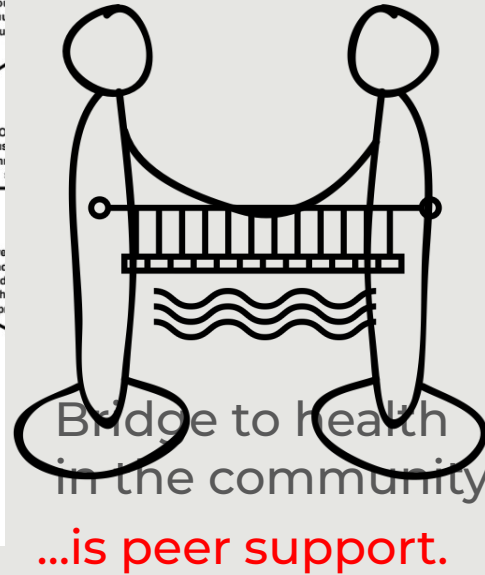
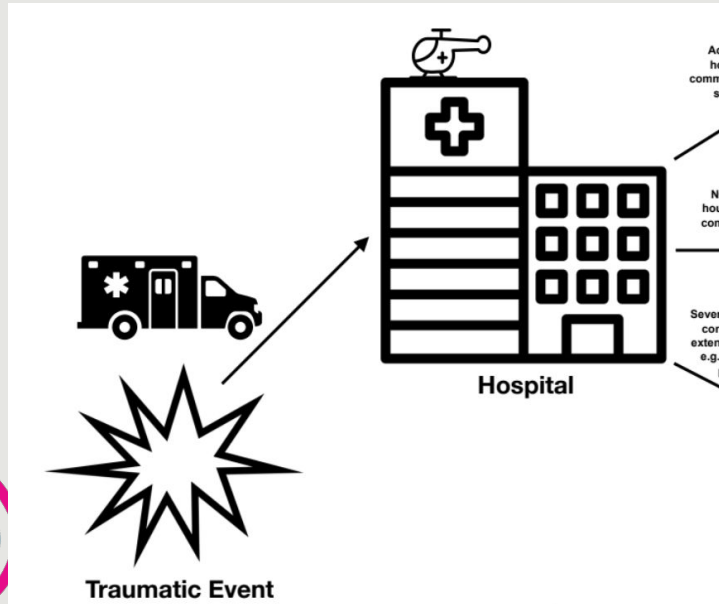
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Founder/Executive Director



Framing the Conversation — Beyond Survival



The Transition Cliff



Emotional Rollercoaster Timeline

**Shock
Disbelief**

**Ambulance
ED
ICU**

**Rationalize
Stabilize**

**Step-down
units**

Hope

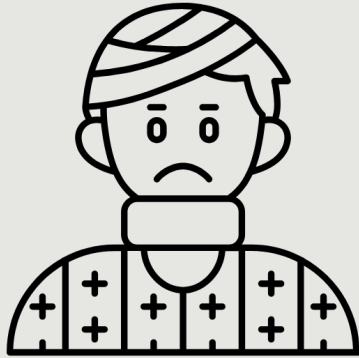
**Inpatient
Rehab**

**Isolation
Anxiety
Depression**

Home



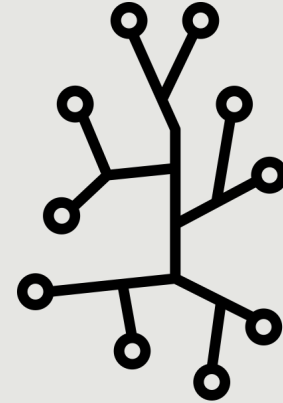
Challenges & Barriers After SCI



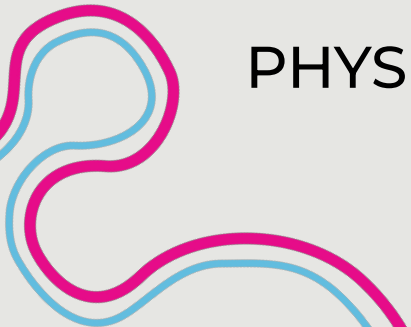
PHYSICAL



PSYCHO-
SOCIAL



SYSTEMIC



5 Domains of Social Determinants of Health (SDOH)



SCI Data in Oregon



In 2022, **9,983 people** in Oregon lived with a spinal cord injury and spent a total of **\$386 million** on healthcare—an average of \$38,665 per person.

Number of people in Oregon with SCI



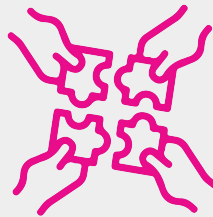
Total Spending for people with SCI in Oregon



www.oregonsci.org/data/

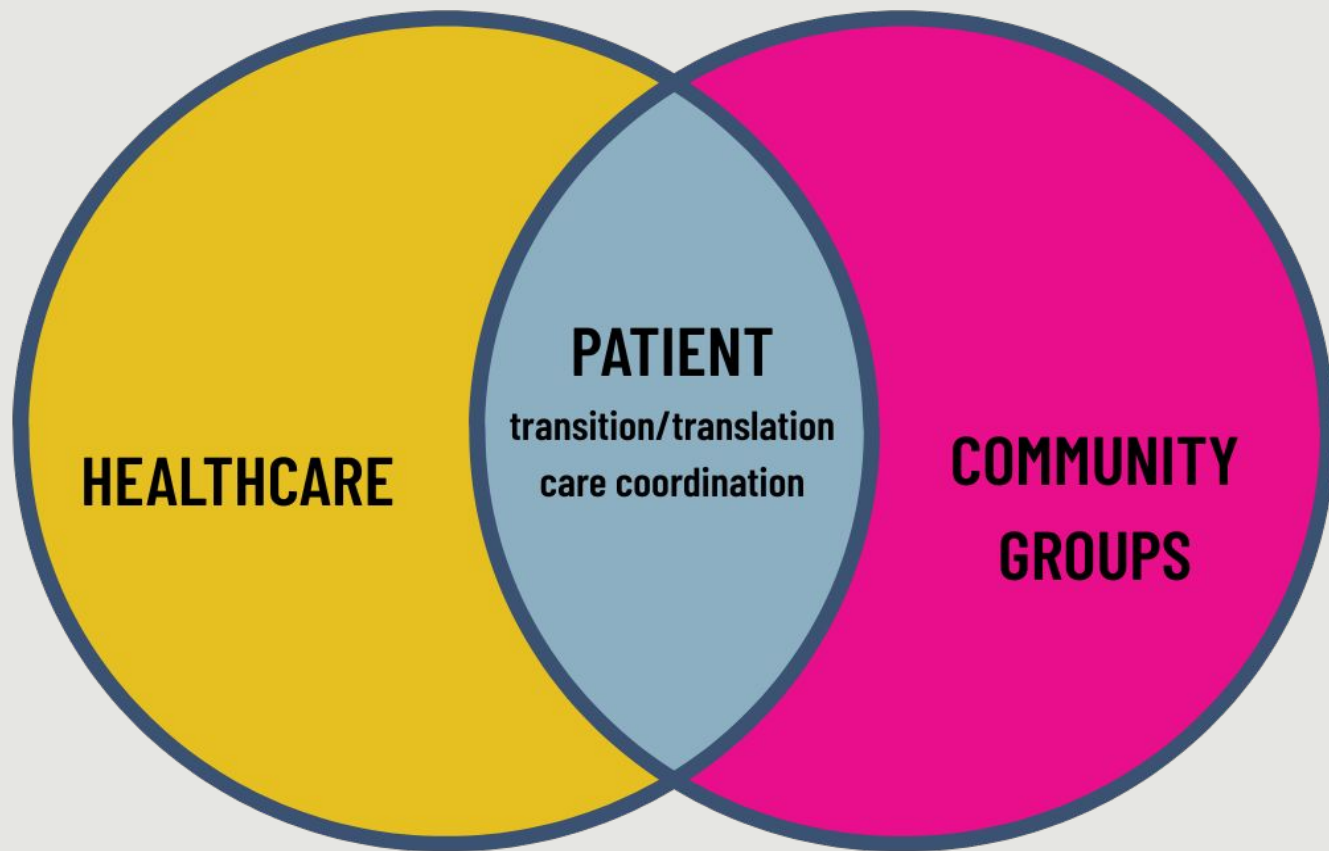


The POWER of Peer Support





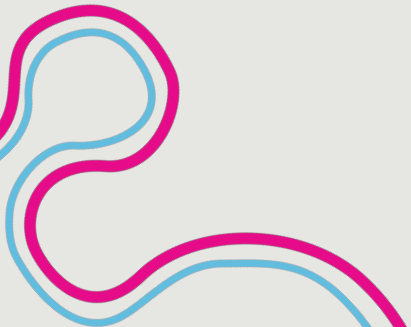
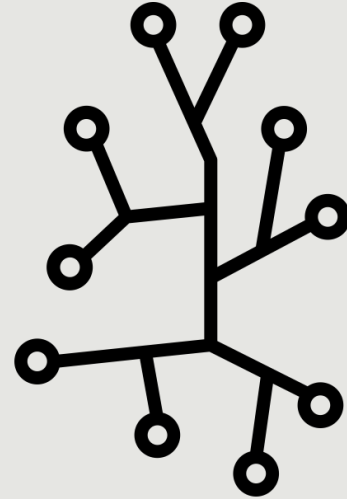
OSCI Peer Support in Action: Community Health Workers



The Collaboration Imperative

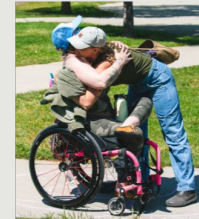
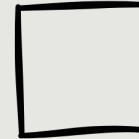
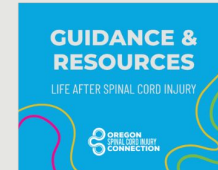
Barriers to Sustained Health

- Accessible Housing
- Equipment delays
- Transportation
- In-home care
- Provider Awareness



Practical Strategies for Providers

- Include community orgs in discharge summaries
- Include referral to peer resources
 - [Resource Guide](#)
 - [Community Health Worker/Peer](#)
- Invite **CHW/peers** to visit patients
- Promote **staff education** on SDOH of SCI outcomes



www.oregonsci.org

Thriving, not just surviving!



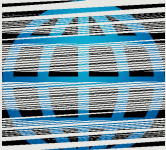
Stay Connected



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Thank you!

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