



## Spinal Cord Injury Education & Recreation Resources

1. websites
  - a. Christopher and Dana Reeve Foundation  
<http://www.christopherreeve.org>
    - i. Provides information: quick links, recovery for levels, research, local providers
  - b. Spinal Cord Injury Resource center [spinalinjury.net](http://spinalinjury.net)
    - i. Simple website with LOTS of information, a message board, and classifieds
  - c. National SCI Association [www.spinalcord.org](http://www.spinalcord.org)
    - i. Provides: A-Z resource, local resources by state, Business advisory, legal consultation
  - d. Mayo Clinic [www.mayoclinic.com/health/spinal-cord-injury/DS00460](http://www.mayoclinic.com/health/spinal-cord-injury/DS00460)
    - i. Provides information on recovery process from a spinal cord injury.
  - e. New Mobility <http://newmobility.com/articleViewIE.cfm?id=462>
    - i. Magazine for wheelchair users
  - f. <http://www.sci-info-pages.com/>
    - i. Information on recovery, chat site, health issues
  - g. Travis Roy Foundation <http://www.travisroyfoundation.org/>
    - i. Information on grants for equipment, research, and resources
  - h. Spinal Cord Injury Information Network  
<http://www.spinalcord.uab.edu/>
    - i. Good site with multiple topic, education resources, and chat links.
  - i. Paralyzed Veterans of America <http://www.pva.org/>
    - i. Works primarily for veterans fighting for quality health care and decent benefits for all who served, providing opportunities -- post serious injury -- to get back into life through adaptive sports, helping veterans with disabilities get good jobs and careers, educating clinicians about spinal cord injury/dysfunction or investing in a cure for paralysis.
  - j. Consortium for Spinal Cord Injury Medicine <http://www.scicpg.org>
    - i. Consumer guides which can be downloaded for free. Topics include dysreflexia, bowel, pressure ulcers, depression, functional outcomes and preservation of upper limb function.
  - k. WheelchairNet <http://www.wheelchairnet.org>
    - i. Information for both providers and consumers on equipment, fitting, wheelchair skills and wheeling biomechanics.
  - l. Beneficial Designs <http://www.beneficialdesigns.com>
    - i. Works towards universal access through research, design, and education. Adaptive recreation equipment

PLEASE NOTE: Courage Center supplies these links to information and resources of potential interest to our clients as a convenience to the Courage Center community website users. Courage Center is not affiliated with, and has no input, interest, direction or control over the services or products accessible through these links; nor, is Courage Center responsible for the informational content or material which may appear on, or be accessible through use of these linked websites. Courage Center receives no financial gain from these linked websites.



## Recreational

- m. Courage Center Sports and Recreation
  - i. golf, skiing, snowboarding, wheelchair basketball, and more  
<http://www.couragecenter.org/sports>
- n. Fishing has No Boundaries <http://www.fhnbinc.org>
  - i. resource for information on adaptive fishing equipment and accessibility
- o. The Go Getter
  - i. rack/seat mounts for ATV/UTV
  - ii. <http://www.builtrite.net/specialty/gogetter.html>
- p. Adaptive Sportsmen Inc
  - i. <http://www.adaptivesportsman.org>
- q. North American Squirrel Association
  - i. <http://www.nasasquirrel.org>
- r. Challenge the Outdoors
  - i. <http://www.ctoforme.org>
- s. Wisconsin Department of Natural Resources
  - i. <http://dnr.wi.gov/org/at/af/open/accesshunt.htm>
- t. The Wilder Foundation
  - i. <http://www.wilder.org/index.html>
- u. Capable Partners
  - i. <http://www.capablepartners.org>
- v. Lets Go Fishing with Seniors
  - i. <http://www.lgfws.com>
- w. Project Healing Waters Fly Fishing
  - i. <http://www.projecthealingwaters.org/index.html>
- x. The Minnesota Travel Guide for Persons with Disabilities
  - i. <http://www.accessminnesota.org>
- y. United Federation of Disabled Archers
  - i. <http://www.uffdaclub.com>
- z. Wheelin' Sportsmen
  - i. <http://www.wheelinsportsmen.org/wheelin/?SUBSITE=wheelin>
- aa. Wilderness Inquiry
  - i. <http://www.wildernessinquiry.org>

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