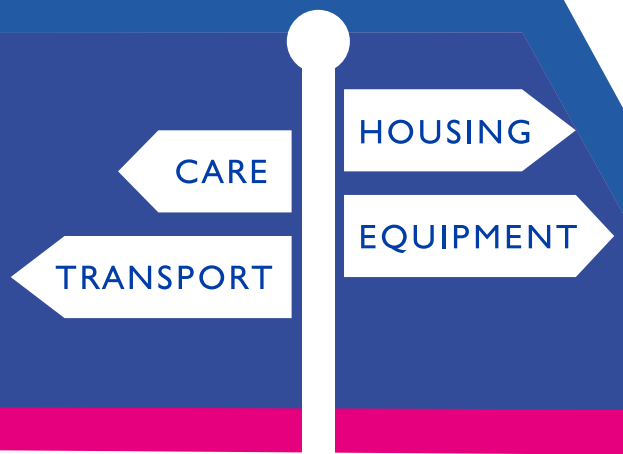


THE Directory

A useful guide for people with spinal cord injury



Spinal Cord Injury
your questions
answered

Take a break
holidays made easy!

Man's best friend
how canine
partners can help

Wheelchairs
make sure you
have the best



THE Directory

A useful guide for people with spinal cord injury

CARE

TRANSPORT

HOUSING

EQUIPMENT

Welcome

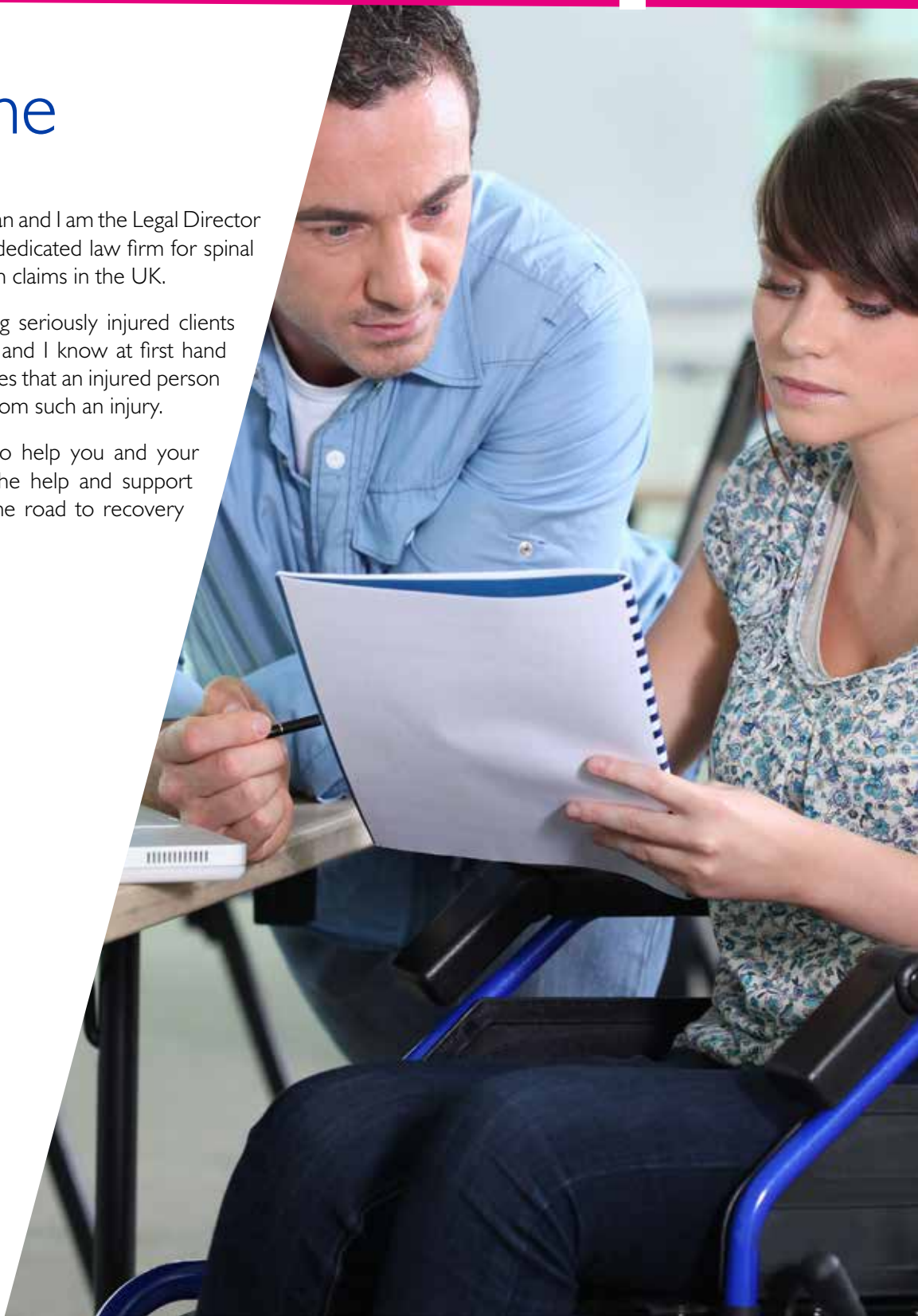
My name is Damian Horan and I am the Legal Director of Aspire Law, the only dedicated law firm for spinal cord injury compensation claims in the UK.

I have been representing seriously injured clients for more than 20 years and I know at first hand the changes and challenges that an injured person faces when recovering from such an injury.

This guide is designed to help you and your family access some of the help and support that you will need on the road to recovery and independent living.



Damian Horan
Legal Director



Contents

04 Charities and Support Groups

Charities can play a vital role in the immediate aftermath of your accident, helping with everything from interim housing arrangements and grants for equipment to advice on welfare benefits. See page 4 for details.



Housing

Your home will probably require alteration in order for you to live independently. There are organisations who can help you access grants for this work and arrange for interim accommodation if required - we've listed some on page 5.

07 Care providers

By the time you leave hospital, the discharge team will have arranged a care plan for you, based on a detailed assessment of your health and social needs. If you have any concerns about your care plan, there are organisations that can help - see page 7.

08 Equipment

Adjusting to life with Spinal Cord Injury gets easier once you have the right equipment for your personal and domestic needs as well as for getting out and about. See page 8 for some organisations that can help.

Technology

A serious spinal cord injury can make it difficult to use a computer, tablet or phone. There is range of adaptive technologies that can put you back in touch with family and friends - and the workplace. See page 9 for details.



10 Transport & mobility

Getting back behind the wheel is a really important step in regaining your independence. There are lots of organisations that can help put you back on the road. We've listed some of them on page 10.



Sport & fitness

If sport has always been an important part of your life, there is no reason why it shouldn't continue to be after your injury. There are hundreds of sports clubs around the UK - check out page 11 for details.

12 Holidays & days out

Fancy a holiday? Turn to page 12 for organisations that specialise in arranging holidays for disabled people, from exotic holidays in the sun to day-trips and city breaks.

13 Personal

When you are adapting to life with Spinal Cord Injury, it is important to find out about the different resources and organisations that can help you. Whether you need help at home or support in the event of a relationship problem, we can help you find what you need.



Books

It can sometimes be useful to find out how other people have coped with Spinal Cord Injury and to share the lessons they learned from their experience. There are quite a few books on the subject, some technical and some humorous. See page 14 for our pick of the bunch.

Charities and Support Groups

Charities play a vital role in providing immediate help and support to people with spinal injury and their families.

If you have a spinal cord injury, the charities and support groups below can help, whether you are currently living in a Spinal Unit, at home or in a nursing home. Between them, these organisations provide a range of services including:

- funding and grants to buy specialist equipment
- specialist housing for you and your family to live independently whilst your own property is being adapted
- mentoring and support
- Welfare Benefit Support line



For further information, please contact Aspire Law. We can provide you with further contact details or make a referral on your behalf.

Aspire

Supporting people with spinal injury

Aspire provides practical help to people who have been paralysed by Spinal Cord Injury, supporting them from injury to independence.

t: 0208 954 6707

www.aspire.org.uk



Regain is a unique national Charity dedicated to improving the lives and independence of British men and women who have suffered a spinal cord injury and become tetraplegic as the result of a sporting accident.

t: 01590 677854 e: enquiries@regainsportscharity.com

www.regainsportscharity.com



Apparelyzed is a free Spinal Cord Injury peer support website run by people with spinal cord injuries providing advice on a wide range of issues.

t: contact via website e: contact via website

www.apparelyzed.com

Housing

It may not be possible for you to return to your home immediately after being discharged from hospital.

In some cases, your home will need considerable adaptation in order for you to continue to live

independently. Typical requirements include widening doors and the installation of ramps and a wet room.

Your local authority provides grants for this type of work, but it can take time. It is perfectly natural to have concerns about where you will live after you have been discharged from hospital. Below are a number of organisations that will be able to advise on all aspects of your accommodation issues and they'll be able to help sort things out for you.

Aspire

Supporting people with spinal injury

The Aspire Housing Programme provides fully accessible properties around the UK that can be used on a short term basis whilst someone is adapting their own property or hunting for a permanent one.

t: 0208 420 8950 e: housing@aspire.org.uk
www.aspire.org.uk



Enham Trust is a leading disability charity supporting disabled people in every aspect of their lives and helping them to transition successfully from fully supported care to a life of choice, control and independence.

t: 01264 345800 e: info@enhamtrust.org.uk
www.enhamtrust.org.uk

Aspire Law

Aspire Law is the only specialist law firm in the UK dealing with spinal injury compensation claims. As well as handling your claim, we also have a dedicated public law team to help you with any housing or care issues.

t: 00800 030 20 40 e: help@aspirelaw.co.uk
www.aspirelaw.co.uk



Design Matters provides a high quality accessible kitchen service and expert advice from an award-winning designer who is also spinally injured.

t: 01628 531584 e: info@dmkbb
www.dmkbb.co.uk

Money & finance

In the aftermath of a severe injury, there is so much to deal with that money matters often take second place.

This can be aggravated if the person who sustains the injury is not able to return to work and the family unit experiences a sudden drop in income.

There are many organisations that can help you and your family at times like these. They will often act as a mediator between you and your creditors, giving you time to reorganise your finances whilst helping you access any necessary welfare benefits. They can also just provide you with sound, practical advice.



The Money Advice Service is an independent service, set up by government to help people make the most of their money. They give free, impartial money advice to everyone across the UK.

t: 0300 500 5000 e: contact via website
www.moneyadvice.org.uk



Frenkel Topping is a unique Asset Manager, providing specialist independent financial advice, asset management and litigation services to support the financial goals and wellbeing of vulnerable individuals.

t: 0161 886 8000 e: enquiries@frenkeltopping.co.uk
www.frenkeltopping.co.uk



Blue Badge Mobility Insurance offers comprehensive insurance for mobility scooters, wheelchairs, mobility equipment and also for carer employment and PAs, with consistently low prices and no nasty surprises.

t: 01730 233 101 e: support@bbmi.co.uk
www.bluebadgemobilityinsurance.co.uk



StepChange Debt Charity is the UK's leading debt advice charity and have been helping people deal with problem debt for 20 years. Their debt advice is free and impartial.

t: 0800 138 1111 e: contact via website
www.stepchange.org

Care providers

The discharge team at your hospital or Spinal Centre will arrange a care package for you in time for your return home.

Your care plan will be based on a detailed assessment of your needs and involves you, the hospital discharge team and the local authority where you live. The assessment should take into account how you manage everyday activities and household tasks, known as 'care outcomes.'

A well-planned and properly funded care package is vital in helping you to live an independent life and it is essential that this package meets all your health and social needs.



If you have any queries or concerns about the quality of your care package after your return home, here are some organisations that can help you:



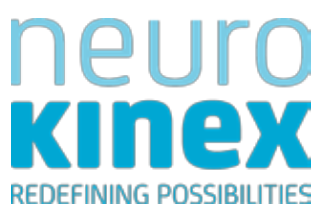
Thornbury Community Services is a nationwide commissioned provider offering tailored, patient-centred care between hospital and community settings. They help people with complex care needs to live independently.

t: 0345 120 5310 e: contact via website
www.thornburycommunityservices.co.uk



Cordant Care provides bespoke care packages for people with spinal injury, brain injury and other complex care requirements, offering a tailored service with robust clinical management.

t: 01604 602700 e: contact via website
www.cordantcare.com



neurokinex is the UK's leading provider of activity-based rehabilitation programmes for people with Spinal Cord Injury, delivering improvements in function, independence and health.

t: 0300 77 77 188 e: info@neurokinex.org
www.neurokinex.org

Equipment

Adjusting to life after sustaining a spinal cord injury can sometimes be difficult.

It is very important to have the right equipment to enable you to perform the everyday tasks we take for granted.

You might need many different types of equipment,

from medical and catheterisation devices to specialist furniture, but probably the most important single piece of equipment is your wheelchair.

NHS wheelchair services will provide you with a wheelchair to suit your level of injury and your needs. Wheelchairs can be expensive, but there are a number of organisations that can help you access funding for this type of purchase. Please contact us at Aspire Law for an information sheet. Meanwhile, here are some of the best equipment providers on the market.



Gerald Simonds is the leading UK supplier and distributor of lightweight manual and power wheelchairs, cushions and pressure management seating offering free consultation and advice.

t: 0800 220975 e: webenquiry@gerald-simonds.co.uk
www.gerald-simonds.co.uk



Inspire, Empower, Achieve.

Cyclone Technologies is a leading suppliers of bespoke lightweight wheelchairs and is the UK's foremost rehabilitation and training specialist. They offer a full range of treatments, therapies, services and products.

t: 0800 180 48 50 e: info@cyclonemobility.com
www.cyclonemobility.com



GBL Wheelchairs provides an extensive range of mobility equipment sourced from the best manufacturers, combined with impartial and practical advice from their own personal experience as wheelchair users.

t: 0500 901 690 e: info@gbwheelchairs.com
www.gblwheelchairs.com



Wellspect Healthcare is home to LoFric®, the world's most documented hydrophilic catheter, and Select Home Delivery, a free and reliable way to receive all your bladder and bowel products direct to your door.

t: 01453 791763 e: urology.uk@wellspect.com
www.wellspect.co.uk

Technology

A serious spinal cord injury can make it difficult to use a computer, tablet or phone. There are organisations that can help you overcome this.

Spinal Cord Injury often causes a loss of feeling or sensation in the hands and fingers, which can make it difficult to use technology in the same way that you did before your injury.

We know how important it is to be able to stay in touch with your family and friends as you go through recovery and rehabilitation.

Irrespective of your level of injury, there is a range of adaptive technology currently available that will allow you to use your phones, laptops and tablets without any real difficulty.

There is also a wide range of websites and applications that enable the user to view films and catch up on favourite TV programs as well as to read books. The majority of these applications are perfectly compatible with the range of assistive technology devices that are currently on the market.



Technology can also be purchased that allows an injured person to live independently in their own home. This includes technology that allows people with very high level spinal injuries to open doors, turn on lights and activate other appliances within the home.

Our partners at the charity Aspire have a dedicated team providing advice on a whole range of assistive technology solutions. There are also some internet based retailers in the UK that can provide this type of equipment at competitive prices.

Aspire

Supporting people with spinal injury

The Aspire Assistive Technology Programme means that anyone, regardless of their level of injury can independently use a computer. Aspire tests new technologies and provides free and impartial advice.

t: 0208 420 6732 e: technology@aspire.org.uk
www.aspire.org.uk



Market-leaders in AAC solutions and Assistive Technology with unrivalled service and support. Their mission is to help disabled people achieve their full potential in life.

t: 001733 370470 e: info@liberator.co.uk
www.liberator.co.uk

Transport & mobility

For most people who have sustained a spinal cord injury, regaining their independence is an important objective.

A key stage in this process is being able to get back behind the wheel of a car, and to understand how to make full use of the range of public transport options.

Motability is the main charity which provides funding for fully adapted cars, but this is by no means the only option. Most cars can now be adapted by specialist contractors to allow you to drive, irrespective of the level of your injury.

There are other organisations that provide useful advice on transport, from how to find accessible parking and



petrol stations to more general advice on how to get around with a serious disability.

Here are just some of the organisations you might find useful for getting out and about again. Happy motoring!



Motability is a charity that helps disabled people get mobile by exchanging their mobility allowance to lease a car, scooter or powered wheelchair.

t: 0300 456 4566 e: contact via website
www.motability.co.uk



Disabled Motoring UK is a campaigning charity fighting to improve mobility and access for all disabled people including drivers, passengers, Blue Badge holders, scooter and wheelchair users.

t: 01508 489 449 e: info@disabledmotoring.org
www.disabledmotoring.org



Freedom Wheelchair Skills provides peer-led training so you can become more confident in using a wheelchair, less dependent on others, and learn how to overcome everyday environmental challenges.

t: 07482 151537 e: stuart@freedomwheelchairskills.co.uk
www.freedomwheelchairskills.co.uk

Sport & fitness

If sport played an important part in your life before you sustained your Spinal Cord Injury, take heart. It still can.

There are literally hundreds of sporting clubs and organisations around the country offering a huge range of sport and leisure activities for disabled people from cycling to canoeing, skiing and rugby.

Sadly only 1 in 6 people with a disability actually participate regularly in a sporting activity, well below the national average.

Sport can be a really good way to get out and make new friends as well as to stay fit. Don't be put off by images of super fit para-Olympians. There are lots of sports that do not require high levels of fitness in order to get started. You can always start with something sedate, like bowls or table tennis.

A great way to find out what's on in your local area is to get in touch with The English Federation of Disability Sport. They can tell you exactly what activities are taking place and where. Check out their website at www.efds.co.uk



Two of the most popular sports for people with Spinal Cord Injury are wheelchair basketball and hand cycling. Interested in having a go? Please find details below.

Unfortunately there is not enough space here to feature all the organisations that help people with disabilities to participate in sporting activities. On page 15 however, we have included some other organisations that you can contact to find out how to get active.



British Wheelchair Basketball provides opportunities for people with lower limb physical impairment to participate in and enjoy wheelchair basketball at all levels.

t: 01509 279900 e: office@britishwheelchairbasketball.co.uk
www.britishwheelchairbasketball.co.uk



The Hand Cycling Association UK is a charity that promotes handcycling as a sport and a recreational activity for disabled people in the UK and Europe.

t: contact via website e: [contact via website](http://www.handcycling.org.uk)
www.handcycling.org.uk

Holidays & days out

Nowadays, a spinal cord injury should not prevent you from going on holiday.

There was a time when it would have been a very difficult undertaking, but these days nothing should stop you and your family enjoying holidays in the UK and abroad. In fact almost anywhere you want to go.

New legislation and an increase in disability awareness across many European countries has ensured that hotels, airports and train stations are now a lot more accessible for people in wheelchairs than was the case in the past.

There will always be additional factors you will need to consider, such as checking that the airline are aware of your requirements, and making sure that your booked accommodation is 100% wheelchair accessible.

If you are feeling nervous about taking your first holiday after sustaining your injury, or if you just want someone else to do all the hard work involved in planning a holiday, there are specialist travel organisations that plan and offer holidays for disabled people and their families.

These organisations offer a full range of holidays and



short breaks, from a day at the seaside to city breaks, adventure trips and holidays in the sun.



Tourism for All is a charity providing tourism information to people with disabilities, working with the industry & government.

t: 0845 124 9971 e: carrie-ann@tourismforall.org.uk

www.tourismforall.org.uk



Disabled Holidays.com provides the largest choice of accessible UK, abroad and cruise holidays. Offering guaranteed accessible accommodation, flights, mobility equipment hire and adapted transfers.

t: 01457 833444 e: enquiries@disabledholidays.com

www.disabledholidays.com

There may be times when you don't know who to turn to for help.

If you have recently sustained a spinal cord injury, you will know how difficult it can be to adapt to your new circumstances. Difficult for you, and sometimes difficult for those close to you.

It can put a heavy strain on relationships. Relate is an organisation that might be able to help. They have staff trained in helping people like you face these sorts of problems.

Alternatively, if you and your family are having problems coping with your care needs at home, it would be worth talking to Carers UK - see their details below.



Another interesting organisation is Canine Partners, a charity that trains dogs to assist people with physical disabilities. The dogs are trained to perform everyday tasks in order to help you lead a more independent life. They also make the perfect companions!

relate
the relationship people

Relate's counsellors can give you the space to explore your situation and help make sense of things. They can help you come to terms with what has happened and establish what is next for your future.

t: 0300 100 1234 e: contact via website
www.relate.org.uk

 **carersUK**

Carers UK is a charity that support carers. When caring affects you and your family, they provide the support, information and advice you need.

t: 0808 808 7777 e: advice@carersuk.org
www.carersuk.org

 **Canine Partners**
Amazing dogs. Transforming lives.

Canine Partners trains dogs to assist people with physical disabilities to lead a more independent life by performing everyday tasks.

t: 08456 580480 e: info@caninepartners.org.uk
www.caninepartners.org.uk

If you are finding it difficult to accept the changes in your life, it can sometimes be useful to find out how other people have coped.

It can help simply to know that you are not alone and that other people have experienced what you are going through. It also helps to find out how they coped with the transition and the lessons they learned from their experience.

You might not want to do this at all initially, but it helps to keep an open mind. It's important to start finding out only when you're ready to, and when you want to. You'll know when the time is right for you and your

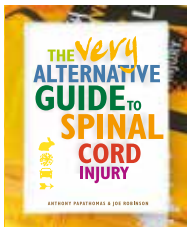
family. At some point, most people find it very useful to look at how other people in different or similar circumstances have coped with and adapted to their injury.

Some very interesting books have been written on the subject. There are in fact more than you probably imagined, covering a whole range of approaches and styles from the deeply medical/technical, to the uplifting and also the humorous and irreverent.

It is impossible for us to highlight all of them, although we do post regular reviews on our website www.aspirelaw.co.uk.

Below we have listed some highly recommended books of differing styles. We hope you'll find them useful.

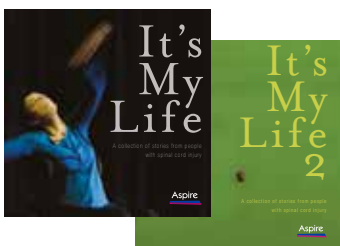
Happy reading.



The Very Alternative Guide to Spinal Cord Injury

by Dr Anthony Papathomas and Joe Robinson

The book is an informative look at the ups, downs and side-ways of becoming spinal cord injured. From initial injury, to escaping hospital and beyond; this guide may help you or someone you know survive and maybe smile as life takes a frankly painful and hugely unexpected path.



It's My Life and It's My Life 2

These are the first two books in the 'It's My Life' series published by the charity Aspire. They contain a collection of stories from people with spinal cord injury that demonstrate how they have overcome challenges and got on with their lives. The books in this series are available free to those with Spinal Cord Injury. For information on how to get your copy please contact Aspire on 0208 954 6707.



Looking Up

by Tim Rushby-Smith

This book is about Tim's very human story of learning to live with disability, from overwhelming feelings of anger and despair, to learning how to face the future head on, to watching his daughter take her first steps.

Other useful organisations

Back Up Trust - Charity

Supports people with SCI through training and days out.
t: 0208 875 1805 www.backuptrust.org.uk

Spinal Injuries Association - Charity

Supports people with SCI.
t: 0845 678 6633 www.spinal.co.uk

Disabled Living Foundation - Charity

Promotes independent living for disabled people.
t: 0207 289 6111 www.dlf.org.uk

Spinal Injuries Scotland - Charity

Supports SCI people in Scotland.
t: 0141 427 7686 www.sisonline.org

Wheelpower - Charity

Organises sports for people in wheelchairs.
t: 01296 395995 www.wheelpower.org.uk

Cauda Equina Syndrome UK - Charity

Support and advice for people with this condition.
t: 0845 602 1993 www.caudaequinauk.com

Get Kids Going - Charity

Provides sports wheelchairs for kids.
t: 0207 481 8110 www.getkidsgoing.com

Whizz Kids - Charity

Provides wheelchairs for children.
t: 0800 151 3350 www.whiz-kidz.org.uk

Equalities and Human Rights Commission

Government funded organisation championing equality and fighting against discrimination.
t: 0808 800 0082 www.equalityhumanrights.com

Thrive - Charity

Helps disabled people become active through gardening.
t: 0118 988 5688 www.thrive.org.uk

Sportsable - Charity

Promotes disability awareness through sport.
t: 01628 627 690 www.sportsable.co.uk

Jumbulance - Charity

Organises holidays and days out for the disabled.
t: 01582 831 444 www.jumbulance.org.uk

Leonard Cheshire - Charity

General support for disabled people.
t: 0203 242 0200 www.leonardcheshire.org

Sportability - Charity

Provides sports activities for people with paralysis.
t: 0208 959 0089 www.sportability.org.uk

Designability - Charity

Provides design equipment for disabled people.
t: 01225 824103 www.designability.org.uk

Changing Places - Charity

Information and maps on finding disabled toilet facilities.
t: 0203 242 0200 www.changing-places.org

Papworth Trust - Charity

Provide rehabilitation for severely injured, with special focus on returning to work.
t: 0800 952 5000 www.papworth.org.uk

People Hub - Charity

Providing advice on Personal Health Budgets.
www.peoplehub.org.uk

Disabled Motorists Federation - Charity

Provides help and advice for disabled motorists.
t: 0191 416 3172
www.disabledmotoristsfederation.org.uk

Spinal Home Care - Care Provider

Specialist SCI care provider.
t: 01539 730 777 www.spinalhomecare.co.uk

Disclaimer

Aspire Law is confident that the organisations and individuals featured in this brochure demonstrate an excellent understanding of the needs of people with spinal cord injuries. Aspire Law receives no advertising revenue or financial contribution from any of the organisations or individuals included in this brochure.

Aspire Law cannot be held responsible for any subsequent examples of service failures and any complaints or requests for redress should be sent to the organisations or individuals providing the service.

Every attempt has been made to ensure the contents of this brochure are accurate. Aspire Law cannot be held responsible for any errors.



Compensation for Spinal Cord Injury?

Make sure you speak to Aspire Law, the experts.

- We are the only UK law firm dealing exclusively with spinal injury claims.
- We achieve the maximum compensation as quickly as possible so you can get on with your life.
- We do not deduct any fees from compensation awarded, so our clients keep all of it.
- We are a joint venture created by the charity Aspire and Moore Blatch solicitors.
- We donate 50% of our profits to the charity Aspire.

**Call us free on: 0800 030 20 40 Email: help@aspirelaw.co.uk
www.aspirelaw.co.uk**