

Introducing an essential new video series



Nobody knows what
you're going through

Like someone who's
already been there

They know...
They've lived it



“Voices of Experience” is a ground-breaking 10-part video series for people with new spinal cord injuries that features people who have been living with paralysis for years.

A new injury is a time of painful uncertainty — people are struggling to understand the meaning of “paralyzed,” and trying to figure out what their lives will be like in the days and years ahead.

“Voices of Experience” offers intensely honest shared moments from a diverse group of people who have been successfully living with spinal cord injuries. It talks directly about important questions, issues and concerns.

The videos cover the kinds of personal subjects — dating, sex, relationships, fears and feelings — that people are often unwilling or uncomfortable about bringing up during counseling sessions or even in face-to-face talks with medical and rehab professionals.

The series includes 10 highly-watchable short videos, each of which contains compelling personal answers to a single question:

What was your greatest fear at first?

What was the hardest part of the first days in the hospital?

What do you wish you had known at the beginning?

How do you handle anger?

How do you handle guilt?

Men: What about sex and dating?

Women: What about sex and dating?

How do I deal with my friends?

How do I deal with my family?

Can I still participate in sports?

A focus group of SCI team members at the Shirley Ryan AbilityLab reviewed and refined the final list of topics/questions. Answers are drawn from FacingDisability.com's library of over 2,000 videos of people coping with SCI.

The series is designed for distribution to Spinal Cord Injury Model Systems in-hospital television networks, as well as to other healthcare institutions and online.

VOICES OF EXPERIENCE

To watch and download the 10-part series:
FacingDisability.com/voices-of-experience-videos

“Voices of Experience” is a joint project of FacingDisability.com and the Shirley Ryan AbilityLab, created in fulfillment of the outreach component of SRA Lab's current Model Systems NIDILRR grant.

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