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For Immediate Release

**NOBODY KNOWS WHAT YOU'RE GOING THROUGH
LIKE SOMEBODY ELSE WHO'S BEEN THERE**

**"VOICES OF EXPERIENCE"
New Video Series
THEY KNOW...THEY'VE LIVED IT**

CHICAGO, IL, August 8, 2019 – “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*. It will premiere on September 2 at the Academy of Spinal Cord Injury Professionals annual conference in Nashville.

The Hill Foundation, which created the series, announced today that the series will be distributed on the in-hospital TV networks of major American spinal cord injury hospitals, as well as to other healthcare institutions and online—in other words, to everyone.

“The series talks directly to people with new injuries about the questions, issues and concerns that are most important to them in the early days after their injuries,” says Thea Flaum, president of the Hill Foundation. “It’s a time of painful uncertainty, when people are struggling to understand the meaning of ‘paralyzed,’ and trying to figure out what their live will be like in the days ahead. The series introduces newly-injured people to a diverse group of people who share the world they are now entering.

The videos cover the kinds of personal subjects—dating, sex, fertility, 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.

Each 10-minute video showcases a diverse group of people giving highly personal answers to a single important 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?

Voices of Experience is a joint project of FacingDisability.com and the Shirley Ryan AbilityLab, of Chicago. It was funded in part by the National Institute of Disability Independent Living and Rehabilitation Research (NIDILRR) which is part of the National Institute of Health. Consultants for the series are Dr. Allen Heinemann, PhD, Director of Center for Rehabilitation Outcomes Research and Professor, Department of Physical Medicine and Rehabilitation, Feinberg School of Medicine, Northwestern University and Dr. David Chen, MD, Section Chief of Spinal Cord Injury, Shirley Ryan AbilityLab.