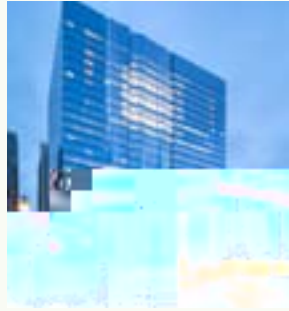


Summer 2018



Shirley Ryan AbilityLab

Facing Disability Launches New Video Project

Facing Disability, a national organization for people with spinal cord injury (SCI), has launched a new video project called "Voices of Experience." The project features interviews with people who have lived with SCI for many years. The videos are available on YouTube and the Facing Disability website.



The video project is a collaboration between Facing Disability and the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR). The videos are available on YouTube and the Facing Disability website. For more information, visit facingdisability.com. The videos are available on YouTube and the Facing Disability website. For more information, visit facingdisability.com.

For more information, visit <https://youtu.be/9Tpgwbuf1Q> or <https://youtu.be/-YnjgP7c7V4>. Email kjones05@sralab.org.

Are You Due For a National SCI Database Follow-Up Interview?

Are you a member of the National SCI Database? If you are, you may be eligible for a follow-up interview. For more information, contact Kayla Jones at 312-238-1624 or kjones05@sralab.org.

Living With Spinal Cord Injury

Shirley Ryan AbilityLab (page 2)

Disability & SCI (page 4)

Intermittent Hypoxia Study (page 6)

SRALab Adaptive Sports are Flying High

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How did you get your start coaching SRALab's Wheelchair Basketball Program?

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Depression & Spinal Cord Injury



Depression is a common mental health condition that affects about 1 in 20 Americans (5.1% of the population). Depression is a medical condition, not a weakness or a sign of failure. It is often associated with spinal cord injury (SCI).

What is depression?

Depression is a medical condition that affects about 1 in 20 Americans (5.1% of the population). It is often associated with spinal cord injury (SCI). Depression is a medical condition, not a weakness or a sign of failure. It is often associated with spinal cord injury (SCI).

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Causes of depression

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Depression can and should be treated

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What counseling really is

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How do antidepressants work?

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Depression & Spinal Cord Injury, Cont.

Depression Self-Test

Fill in the number of days you have experienced each of the following symptoms in the last 2 weeks. (0-3)

Over the last 2 weeks			Not at all	Severely	More than	Nearly every day	
0 days	1-2 days	3-5 days	0	1	2	3	
1	2	3	0	1	2	3	1: Little interest or pleasure in doing things.
1	2	3	0	1	2	3	2: Feeling down, depressed, or hopeless.
1	2	3	0	1	2	3	3: Trouble falling or staying asleep, or sleeping too much.
1	2	3	0	1	2	3	4: Feeling tired or having little energy.
0	1	2	3	4	5	6	5: Feeling bad about yourself or that you are a failure or have let yourself or your family down.
0	1	2	3	4	5	6	6: Trouble concentrating on things, such as reading the newspaper or watching television.
0	1	2	3	4	5	6	7: Thinking about death or suicide, or hurting yourself.
0	1	2	3	4	5	6	8: Moving or speaking so slowly that other people could have noticed. Or the opposite - moving so fast that you were fidgeting.

What you can do

1. Tell your doctor about your symptoms. You may need to take medicine to help you feel better.
2. Ask your doctor about counseling. You can learn how to deal with your problems.
3. If you have been thinking about hurting yourself, please call 911 or the National Crisis Hotline at 800-273-8255, or your local Crisis Clinic right away.
4. If you are in danger of harming yourself now, please call 911, the 24-hour National Crisis Hotline at 800-273-8255, or your local Crisis Clinic right away.

If you are in danger of harming yourself now, please call 911, the 24-hour National Crisis Hotline at 800-273-8255, or your local Crisis Clinic right away.

How to find help

1. Find a doctor who can help you. You can find a doctor who can help you by calling the National Crisis Hotline at 800-273-8255, or your local Crisis Clinic right away.
2. Ask your doctor about counseling. You can learn how to deal with your problems.
3. If you have been thinking about hurting yourself, please call 911 or the National Crisis Hotline at 800-273-8255, or your local Crisis Clinic right away.
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Authorship: Dr. David C. I. H. B. D. K. C.

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How could intermittent hypoxia be used in the future?

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