

## WHO WE ARE

The Rochester Spinal Association (RSA) was formed in 1991 by individuals with spinal cord disabilities, their families, and professionals. Since that time, we have evolved to meet the changing needs of people with spinal cord injuries and similar disabilities.

RSA is dedicated to improving the quality of life of all people living with spinal cord disabilities in our region. RSA's programs are free to individuals and their families. We rely on donors, sponsors, and grants to make our work possible.

## WHAT WE DO

The Rochester Spinal Association offers a variety of supports to people with spinal cord disabilities, their families, and professionals. These supports include:

- Information & Education
- Case Management
- Peer Connections
- Health & Wellness
- Support Meetings
- Social Gatherings
- Grants for Individuals

## INFORMATION & EDUCATION

If you are not sure where to turn, ask us. Our staff, board, and members have a vast amount of experience and are happy to share it. There are many common challenges for people with spinal cord injuries, like transportation, health insurance, housing, employment, home care, and many more. There is no reason you need to figure out all the solutions on your own. We are here to help.

## CASE MANAGEMENT

A new spinal cord injury is overwhelming. You don't even know what you don't know. When you leave the hospital, it feels like you are lost at sea. Thanks to grants from the Craig H. Neilsen Foundation and the Greater Rochester Health Foundation, RSA has two full-time case managers that can help you deal with all of the paperwork and find the resources you will need to survive and thrive.

## PEER CONNECTIONS

It's sometimes hard to believe when you have a brand-new injury, but you are not alone and you are not the first one experiencing this. Whether you were just injured or you have lived with your disability for decades, there are times you will benefit from the wisdom and support of someone who has gone through a similar experience.

RSA helps match people with trained peers who can help with information, tips and tricks, experience, or just a conversation and the ability to sincerely say, "Yeah, I know how that feels."



## PEER SUPPORT GROUPS

Connect with others with spinal cord injuries and hear from guest speakers on crucial topics. RSA meets every month via Zoom and hosts numerous in-person activities throughout the year.

In response to needs identified in our community, RSA hosts a peer support group specifically for people who were paralyzed by gunshots and other acts of violence.

If you are interested in more information about either of these groups, please email or call us.

## LET'S GET SOCIAL

RSA provides a variety of opportunities for people to come together and enjoy each other's company. Opportunities include seasonal parties, community recreation, ball games, concerts at the shore, healthy activities and sports, holiday parties, and more.

## HEALTH & WELLNESS

Staying fit, physically, mentally, and emotionally, can be a challenge for anyone. Spinal cord disabilities sometimes make these goals an even bigger challenge.

RSA has a focus on adapted fitness programs, nutrition, health guidelines, and counseling are all valuable parts of a quality life with spinal cord disability. Health is a crucial part of independence for everyone with a spinal cord disability. We want you to live your best life.

## GRANTS FOR INDIVIDUALS

Through the generosity of our donors, sponsors, and grantors, RSA can offer grants to individuals with spinal cord disabilities.



Anyone with a spinal cord disability living in the greater Rochester area can request up to \$1500 from the quality-of-life grants. These grants can be used for a wide variety of needs, including home modifications, vehicle modifications, health equipment not covered by your insurance, and other vital needs. We think of these as our crisis grants, helping people deal with the unexpected and sometimes extreme costs of living with a spinal cord disability. Payments are made to the vendors, not to individuals.

RSA has also been successful in assisting many individuals to identify and secure funds from other organizations as well as enrolling in state or federal programs.

## FOR MORE INFORMATION

Living with a spinal cord injury or other spinal cord disability, or supporting someone who is, can be daunting. No matter the challenges, you can still live a great life. This brochure surely did not answer all your questions, and may have raised more than it answered, so please reach out to us!

Visit: [www.rochesterspinalassociation.org](http://www.rochesterspinalassociation.org)  
Email: [RSA@rochesterspinalassociation.org](mailto:RSA@rochesterspinalassociation.org)  
Call: (585) 234-3269

## CONNECT WITH US

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The Rochester Spinal Association is an independent 501c3 non-profit. Your donations are tax deductible. Our United Way donor designee number is 3378.



greater rochester  
**Health** foundation



**Enhancing the quality of life of people living with spinal cord disabilities.**

*Our programs and services provide support and information to individuals with spinal cord disabilities and their loved ones, care providers and professionals in the Greater Rochester region of NY.*