



Chat Rooms and Email Discussion Lists for Spinal Cord Injury

The following are some links to chat rooms or forums for people living with spinal cord injuries.

Chat Rooms and Forums

<http://sci.rutgers.edu>

Care Cure Community

This site offers over 70 forums where people discuss spinal cord injury care, caregiving, cure, funding, active living, pain treatment, sexuality, biomedical research, clinical trials and more. Neuroscientist Wise Young, Ph.D., M.D. moderates some of the forums.

http://www.spinalcordinjury-paralysis.org/app/render/go.aspx?xsl=tp_community.xslt

The Reeve Foundation Spinal Cord Injury and Paralysis Community

An online community and social networking website from the Christopher & Dana Reeve Foundation Paralysis Resource Center. The community is a place for dialogue about spinal cord injury or disease, and about all issues related to paralysis. Members of the community will be able to connect with other members who have spinal cord injuries and/or paralysis or care for those who do. You may participate in discussion groups, post personal profiles with an optional photo, invite members to be friends, and build your own online support network.

<http://www.tracheostomy.com/>

Aaron's Tracheostomy Message Boards

This site's mission is to provide information on tracheostomy and to facilitate parent-to-parent networking and support. The message boards include forums on pediatric and adult tracheostomies and can be accessed by clicking on the *Networking* tab or by going directly to <http://www.tracheostomy.com/forum/index.php>.

<http://www.newmobility.com/>

New Mobility

New Mobility is a magazine for active wheelchair users. The message boards can be accessed by clicking on the *Message Board* tab or by going directly to <http://www.newmobility.com/bb/ubbthreads.php>. Forum topics include products and equipment, travel, health, pain, spinal cord injury, pain, and aging with disability.

<http://www.survivingparalysis.com/>

Dangerwood... The Magazine: The Site to Survive Spinal Cord Injury and Paralysis

Dangerwood has forums on a range of subjects relevant to people with spinal cord injury and paralysis, including various health topics.

<http://health.groups.yahoo.com/group/Spinalcordinjury/>

Yahoo's Forum for People with Spinal Cord Injury

<http://health.groups.yahoo.com/group/scic/>

Yahoo's Forum for Caregivers of Spinal Cord Injured People

<http://health.groups.yahoo.com/group/womenwithsci/>

Yahoo's Forum for Women with Spinal Cord Injury

<http://groups.yahoo.com/group/SCI-International/>

Yahoo's Forum for People with Spinal Cord Injury—International
Conducted in English.

<http://spinalinjuryportal.net/chat-room.html>

Spinal Cord Injury Community Center: SCI Chat Room

<http://www.facingdisability.com>

Facing Disability: For Families Facing Spinal Cord Injuries

Facing Disability offers support for family members of people with spinal cord injuries.

The forums can be accessed through the *Forums* tab or by going directly to

<http://www.facingdisability.com/spinal-cord-injury-forums>. The site also offers peer

counseling to people with SCI (see *Peer Counseling* tab or go directly to

http://www.facingdisability.com/peer_counseling/info/overview).

E-mail Discussion Lists

<http://www.makoa.org/quadlist.htm>

QUAD-LIST Discussion Group

Discussion list for people with quadriplegia from any cause, not just spinal cord injury.

<http://www.makoa.org/ventuser.htm>

VENT-USERS-LIST Discussion Group

Discussion list for people who require ventilators (respirators) to breathe.

<http://www.tracheostomy.com/networking/listserv.htm>

Trachties Listserv

Trachties is a place for networking, sharing of ideas and resources for dealing with life with a tracheostomy. It is open to individuals with tracheostomies, friends and caretakers of kids or adults with tracheostomies.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.