

# National Paralysis Resource Center



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The National Paralysis Resource Center (NPRC) promotes the health, well-being, and independence of people living with paralysis, spinal cord injury, or mobility impairment as well as their caregivers and families by providing free comprehensive information, resources, and referral services in order to achieve a better quality of life.



CHRISTOPHER & DANA  
REEVE FOUNDATION  
National Paralysis Resource Center

# INFORMATION



## Information Services

The NPRC is staffed by knowledgeable and compassionate Information Specialists ready to answer questions about living with paralysis from any cause (stroke, spinal cord injury, cerebral palsy, multiple sclerosis, etc.).

Our Information Specialists can be reached by email at [InfoSpecialist@Reeve.org](mailto:InfoSpecialist@Reeve.org) or toll-free at 800-539-7309 from 7 a.m. to 12 a.m. EST. [ChristopherReeve.org/Ask](https://ChristopherReeve.org/Ask)

Our Outreach Program promotes improved quality of life for members of underserved communities by providing multilingual websites, culturally sensitive materials, a Spanish speaking Information Specialist, and free translation and interpreter services in multiple languages are available upon request. Learn more at [ChristopherReeve.org/International](https://ChristopherReeve.org/International)

Our Military & Veterans Program (MVP) supports the unique needs of current service members and all veterans, regardless of when they served or how their injury occurred. Learn more at [ChristopherReeve.org/MVP](https://ChristopherReeve.org/MVP)

## Paralysis Resource Guide

The **Paralysis Resource Guide**, a comprehensive roadmap to living well after paralysis, is our most popular publication. Free print and digital versions of the book are available at [ChristopherReeve.org/Guide](https://ChristopherReeve.org/Guide)

# COMMUNITY

## College Transition Counseling

The NPRC works in partnership with Accessible College to support students living with paralysis as they pursue higher education. One-on-one consultation sessions create a framework for academic success by guiding families through the transition, including how to navigate the accommodations process, hire a personal care attendant, and build critical self-advocacy skills.

## Pre-Employment Benefits Analysis

This program offers consultations with a benefits specialist to help people living with paralysis evaluate how employment may affect their use of government services such as Medicare and Supplemental Security Income.

To learn about eligibility for either of these free services, contact an Information Specialist at 1-800-539-7309 or at [ChristopherReeve.org/Ask](https://ChristopherReeve.org/Ask)

## Peer & Family Support Program

Our national peer-to-peer mentoring program connects individuals living with paralysis and their families with community members who have experienced similar challenges. Trained and certified mentors provide support and encouragement to both newly-paralyzed individuals and those who have lived with paralysis for years. In addition, virtual support groups are available for individuals and caregivers. To talk to someone who has been there, visit [ChristopherReeve.org/Peer](https://ChristopherReeve.org/Peer)



# RESOURCES

## Educational Materials

The NPRC offers a wealth of educational resources in print, digital, and video format. Fact sheets for over 150 health and lifestyle topics, along with state specific resource guides are available. [ChristopherReeve.org/Factsheets](https://www.christopherreeve.org/factsheets)

NPRC booklets provide insights into quality of life issues and explanations of common secondary conditions such as spasticity, bowel and bladder issues, and pressure injuries. Free wallet cards containing life-saving personal information about autonomic dysreflexia, sepsis, and deep vein thrombosis can be easily downloaded, printed and carried in case of emergency. [ChristopherReeve.org/Cards](https://www.christopherreeve.org/cards)

The Reeve Foundation website offers virtual resources such as blogs written about and by people living with paralysis. All webinars and videos are archived on the Reeve YouTube channel.

## Outreach & Community Education Programs

Learn about our educational training, seminars and web-based learning opportunities that offer a variety of tools for living well after paralysis. View our upcoming events at [ChristopherReeve.org/events](https://www.christopherreeve.org/events).

The Outreach Program organizes community-oriented activities such as the Reeve Summit, to enhance the quality of life for people living with paralysis. We attend national events in underserved communities to address unmet needs. [ChristopherReeve.org/Outreach](https://www.christopherreeve.org/outreach)

## Advocacy and Public Policy Program

Reeve's Advocacy and Public Policy Program educates people about disability issues as they relate to public policy. Our programs are designed to help people advocate for themselves and also more broadly advance important issues for people living with paralysis. The program represents the Reeve Foundation on a national level in partnership with leading disability coalitions with the goal of improving access to quality care and educating about laws and policies related to paralysis and disability. Learn more through our advocacy blogs at [ChristopherReeve.org/Advocacy](https://www.christopherreeve.org/advocacy)

# GRANTS

## Quality Of Life Grants Program

Dana Reeve launched the Quality of Life Grants program in 1999 to support nonprofit organizations that foster community engagement, improved access, and independence for people living with paralysis. To date, more than \$44 million has been distributed in communities across America, helping expand adaptive sports programs, create assistive technology loan closets and build accessible playgrounds. Information about current awards, along with grant cycle timelines, is available online at [ChristopherReeve.org/QOL](http://ChristopherReeve.org/QOL).



*Therapeutic Adventures / IndependencePlus Adaptive Sports –  
Massanutten Adaptive Snow Sports.  
Photo Credit: Mark Andrews*



# CONNECT

## Sign Up For Our Newsletter at:

[ChristopherReeve.org/Newsletter](https://ChristopherReeve.org/Newsletter)

## View Our Blogs at:

[ChristopherReeve.org/Blog](https://ChristopherReeve.org/Blog)

## Learn about the Reeve Summit at:

[ChristopherReeve.org/ReeveSummit](https://ChristopherReeve.org/ReeveSummit)



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