



# Chat Rooms, Email Discussion Lists, and Facebook Groups 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

### **Aaron's Tracheostomy Page**

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

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 were closed but there is a private Facebook page that you can ask to join.: <https://www.facebook.com/groups/63417059663/>.

### **BrainTalk Communities**

<https://www.braintalkforums.org/>

BrainTalk Communities is a huge collection of Internet message boards covering nearly every known neurological problem and disability social issue.

### **CareCure Community**

<http://sci.rutgers.edu>

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.

### **Facing Disability: For Families Facing Spinal Cord Injuries**

<http://www.facingdisability.com>

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>.

### **Wheel Life**

[www.wheel-life.org](http://www.wheel-life.org)

A global community of friends who use wheelchairs.

## **E-mail Discussion Lists**

### **QUAD-LIST Discussion Group**

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

### **VENT-USERS-LIST Discussion Group**

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

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

## **Facebook Groups**

Many Facebook groups are closed or private groups, meaning you must ask to be allowed to join. Here are some names of groups you may want to join:

-Accessible Travel Club

-Spinal Cord Injury Recovery Breakthroughs

-Spinal Cord Injury Support Group

-Spinal Cord Injury USA Group

-Spinal Cord Injury Walkers

-Spinal Cord Peer Support USA

-You are not Alone, Dealing with Spinal Cord Injury (sponsored by FacingDisability.com)

-Wives and Girlfriends of Spinal Cord Injury (SCI) Survivors

## **Other Interactive Media Sites**

### **SPINALpedia**

<http://www.spinalpedia.com>

SPINALpedia is a social mentoring network and video archive that allows the spinal cord injury community to motivate each other from their individual experiences.

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