

Family Roles

Erika Nilsson
The Spinalis Foundation
ESCIF Vienna 15 May 2016
"Successful integration after SCI"

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- My background
- Womens groups
- www.sciparenting.com
- SCI - rehabilitation Sweden/Stockholm
- Successful integration Body – Mind – Life

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Background

- Sweden-Germany-Australia
- Horse riding accident 1994
- University
- Family
- Work



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Womens groups

- Women with SCI – a minority
- Meetings at Spinalis 4-5 /year
- Exchange experiences
- Support



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Topics:

- Urology
- Sexuality
- Travelling
- Womens health
- Fertility, pregnancy, motherhood
- Self esteem after sci
- Cooking
- Underwear
- Yoga
- Wine tasting
- Hair & make up
- Museum, Cafe, boat trips...

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Family life

- Re-occurring question



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SCI PARENTING

- www.mammapappalam.se
- Main goal
- Funding
- Method
- Website
- Blogs
- Facebook
- Research collaboration Canada & the Nordic countries



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Activities

- Family-get togethers
- Facebook group
- Summer camps
- Support and strengthen parents and kids



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Handy tips and homemade solutions

- Few technical aids developed
- Increase level of independence
- www.spinalistips.se



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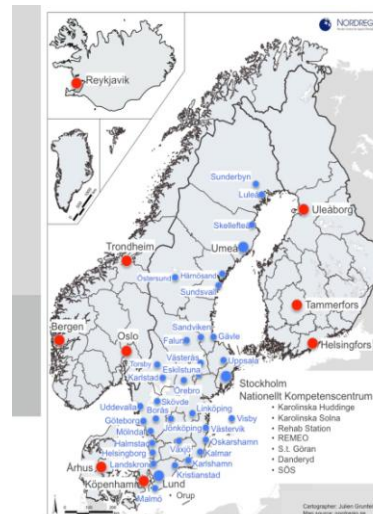
- Media coverage
- Design
- Grassroot project
- Make a decision based on facts



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SCI rehabilitation in Sweden

- Greater Stockholm area
- Chain of care
Acute – sub-acute – life long
Karolinska – Rehab Station – Spinalis



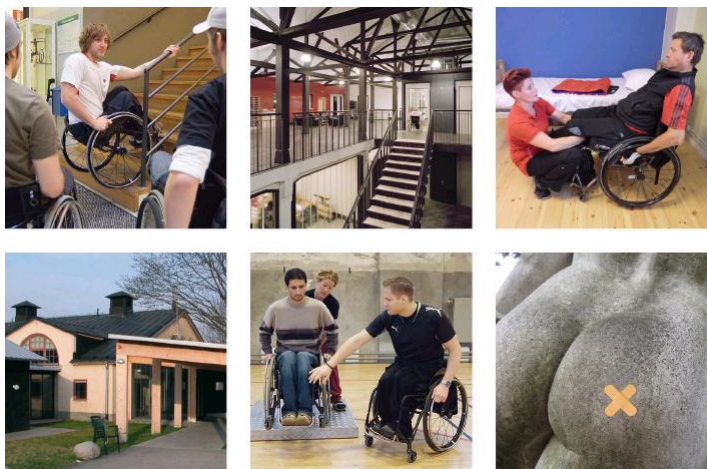
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The Spinalis Foundation – a better everyday life for the spinal cord injured

- Founded 1991
- Initiator of the Stockholm Spinal Cord Injury study
- Initiator, co-funder and promoter of several scientific studies
- Publisher of several books on SCI
- Project management Sweden, Botswana, Namibia
- Close cooperation with The Karolinska Institute, the Karolinska University Hospital and Rehab Station Stockholm

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Rehab Station Stockholm/Spinalis SCI Unit



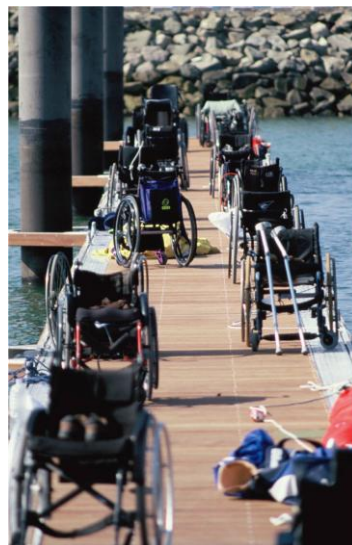
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New rehab center ready 2017

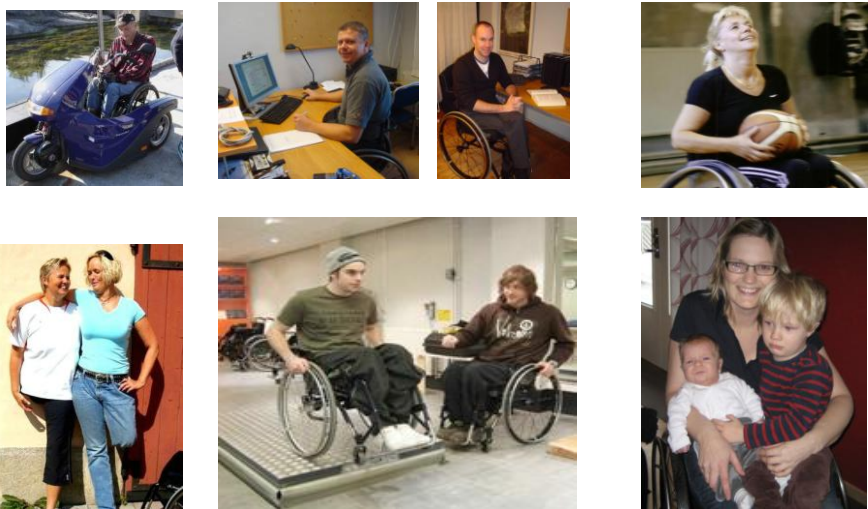


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- Lust for life
- What makes a person tick...
- Body – Mind – Life
- The importance of role models



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Team work



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Back to life

- Family involvement & Activities
 - Early information
 - Family nights also friends, colleagues, children
 - Part-taking in meetings at hospital and rehabcentre
- Open lectures
- Access at Rehab Station family welcome to cook and come and go as please
- SCI and family/friends
- Social network
- Different cultures - big challenge

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Thank You!

Contact information:

erika@spinalis.se

www.spinalis.se

www.spinalistips.se

www.mammapappalam.se

www.sciparenting.com

www.rehabstation.se



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