



They say the greatest stories are not those of perfection but of perseverance.

In this issue of **The Association of People with Disability's** newsletter, we highlight our **Spinal Cord Injury Rehabilitation (SCIR)** program and its inspiring community of individuals with spinal cord injuries and their caregivers, who are steadfastly working towards independence.

WHO WE WORK WITH



Persons with Spinal Cord Injuries



Community and Caregivers



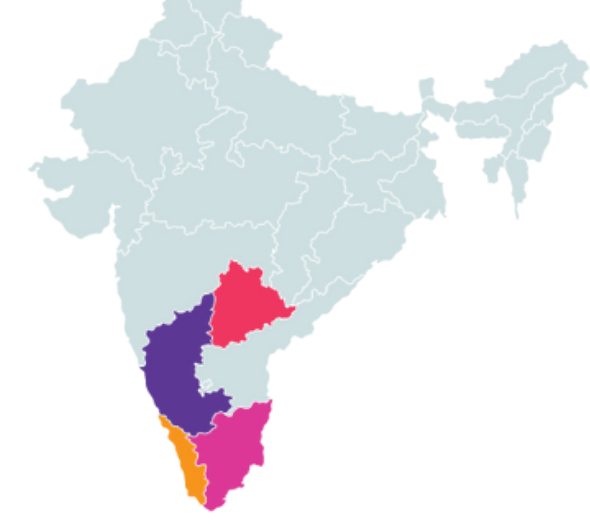
Govt Frontline Workers



Other NGO Partners

OUR APPROACH

APD's Spinal Cord Injury Rehabilitation program employs the 'Cot to Community' approach, a comprehensive rehabilitation program for People with Spinal Cord Injuries (PwSCI), **especially in rural regions**. Our mission is to help individuals transition from being confined to their beds to becoming active contributors to society!



Catering to PwSCIs from Karnataka and the neighbouring states, our three-pronged approach—home-based, camp-based, and institution-based services—has positively impacted **2,038** people with disabilities in **2023-24 alone!**

We also provide **peer support intervention**, with the aim to establish a network of peer trainers throughout India that extends support to the most remote areas, offering **guidance**, sharing knowledge, and **promoting best practices** within the spinal cord injury community.

TESTIMONIAL

Meet Suhas, our Wheelchair Badminton champion!



Suhas at the Para Badminton Championship 2024

"I grew up in Hosapete and studied in Davangere and Mysore before pursuing a Post Graduate Diploma in Management.

My life changed after a car accident on February 20, 2023, but I was able to continue my studies online.

Joining APD in late 2023 introduced me to wheelchair sports, where I excelled, even winning a silver medal in the Karnataka State Para Badminton Championship 2024.

Today, I balance my sports with seeking a career in management, striving for growth in both personal and professional spheres!"

OUR IMPACT

Spinal cord injuries frequently result from traumatic events such as falls, road accidents, sports injuries, and acts of violence. Additionally, infections, diseases, and degenerative conditions can also lead to spinal cord damage.

According to studies, there are nearly **15,000 new injuries annually**, especially affecting the socio-economically disadvantaged. Their journey to recovery is often hindered due lack of awareness, financial constraints, limited rehabilitation resources, inadequate grassroots facilities, and government focus on medical interventions rather than rehabilitation.

This is where our **SCIR program**, with its comprehensive approach, makes a difference! We provide tailored rehabilitation services, vocational guidance for financial independence, assistance with social security schemes, caregiver and PwSCI capacity building, and awareness programs for government frontline workers with the aim to strengthen the ecosystem.

In 2023-24 alone,

504

individuals received livelihood support

650

individuals were equipped with assistive devices

988

individuals assisted in obtaining UDID cards, train passes, Ayushman health cards.

1,696

PwSCIs and their caregivers received capacity building support

SNAPSHOTS



APD's SCIR community at a medical camp



Proud graduates of the SCIR peer training course



Our SCIR member, Harshawardhan now working at Zomato

ACHIEVEMENTS

We are affiliated with the International Spinal Cord Society (ISCOs)

Our SCIR program received a grant of Rs 5 crore from HCL Foundation (HCLF) in 2022

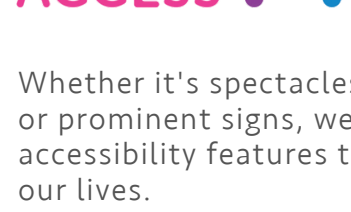
We conducted India's first Certificate Peer Training course

Members of our SCIR community have together won 84 medals in para sports

"Research is creating new knowledge"

Our work with PwSCIs has led to four significant research studies. We believe these findings can profoundly impact individuals, communities, healthcare practitioners, and policymakers.

- SPINE20 recommendations 2023: One Earth, One Family, One Future Without Spine Disability.
- Factors influencing social and community participation of people with spinal cord injury in Karnataka, India.
- Impact of comprehensive rehabilitation augmented by short-term sporting activities on respiratory parameters and psychological status among persons with SpinalCord Injury - Quasi-Experimental Design
- Telerehabilitation protocol for wound healing in spinal cord injury patients.

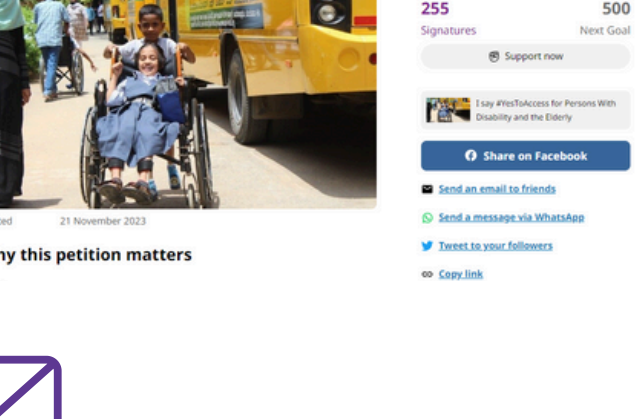


Feel inspired to make a difference?
Just say #YesToAccess

Whether it's spectacles or mobility aids, ramps, or prominent signs, we've all come across daily accessibility features that significantly enhance our lives.

On International Day of Persons with Disabilities, we crafted a Pledge that encourages everyone to embrace accessibility, benefiting not only the disabled but also the elderly, individuals recovering from illness and more!

Your signature on this Pledge matters - so please click, sign, share, and say #YesToAccess.



[Click here](#)



As we embrace these endeavours, APD remains committed to creating an inclusive and accessible society for all.