

From injury to empowerment

Your guide to adjusting & living well after Spinal Cord Injury

Of the approximately **68 million** people living in the UK there are thought to be around **50,000** people living with spinal cord injury.¹

In the UK **2,500** people sustain a spinal cord injury every year.¹



It is important to know that you are NOT alone.



This document contains educational resources to address some of the most common questions you may have as well as provide insight and encouragement from people who have experienced Spinal Cord Injury (SCI) and have learned to adjust to life after injury.

Understanding your injury

CLICK BELOW

[The anatomy of Spinal Cord Injury types](#)

[Coping tactics after your Spinal Cord Injury](#)

[What to expect after your Spinal Cord Injury](#)

[Your nervous system and how it works](#)

[Returning to everyday life after a Spinal Cord Injury](#)

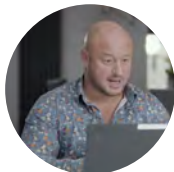
[7 common Spinal Cord Injury complications](#)

[Common terms in Spinal Cord Injury](#)

At Hollister, we serve people with neurogenic bladder and bowel dysfunction and those who care for them. We are committed to helping empower those who use our products with the independence to maintain a rewarding, dignified life.



My life, my catheter, my journey



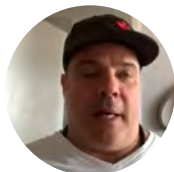
Layth talks about investing in his relationship for a positive outcome



Anita raises awareness on how self-confidence makes all the difference when you're living with a spinal cord injury



Kris discusses his approach to dating after a spinal cord injury



The journey of Chris Stigas



The Miami Project offers hope for paralysed patients



Shaun talks about family and fertility after spinal cord injury



Ian talks about modern life, dating, and new relationships



If you can't stand up - stand out!



Bladder management

CLICK BELOW

Your guide to bladder care

7 signs that you may have a urinary tract infection

Understanding urine colour and odour, and when to see a doctor

Understanding Neurogenic Bladder Disorder

The 6 types of urinary incontinence

Managing and treating the neurogenic bladder

Bowel & bladder care

Intermittent Self-Catheterisation (ISC)

CLICK BELOW



Everyday tips to avoid UTIs when performing ISC

4 tips for sticking to your ISC schedule

ISC tips from a urology nurse

What you should know about ISC

Why it's important to have a self-catheterisation daily schedule

Go with the flow – ISC relaxation tips

ISC: what it is and other basics

A quest to find the right intermittent catheter



Shaun Gash shares his experiences with VaPro Plus Pocket™ intermittent catheters



Autonomic Dysreflexia

CLICK BELOW

What is autonomic dysreflexia

Understanding autonomic dysreflexia

Steps to take immediately if you suspect autonomic dysreflexia

Skin Health

CLICK BELOW

6 causes of burns after and how to avoid them

How treat pressure ulcers

Pain

CLICK BELOW

Spinal Cord Injury pain management

Dealing with spasticity and pain

Advice for people affected by chronic pain

Information for people in pain and those who care for them

An alliance of charities providing a voice for people who deal with pain



Relationships & Intimacy

CLICK BELOW



Relationships after Spinal Cord Injury

Medication for erectile dysfunction

Busting myths about procreation

4 ways couples can make difficult talks easier

Caring for a loved one with a Spinal Cord Injury

Family support

Parenting with a Spinal Cord Injury

Advice on relationships

Well-being & exercise

CLICK BELOW



Improving rehabilitation through exercise

5 reasons exercise is the best medicine

Find the right sport for you

Popular sports without a wheelchair

Popular wheelchair sports

Courses to increase confidence and independence

Mindfulness & meditation

Travelling with a Spinal Cord Injury

Life-changing adaptive sports & activities

Face to face & telephone support

Advice & support for anyone wishing to enhance their mental health

Mental health advice for those with complex needs

Everything you need to manage a chronic health condition and regain a high quality of life

Disabled sports clubs searchable by postcode

A mobile rehab service that travels to your place of choice

Sporting advice & training

Specialist gym designed specifically for wheelchair users

Nutrition

CLICK BELOW



Understanding nutrition for a healthy life - Laura Clark

The importance of nutrition

Body Image

CLICK BELOW

The future of adaptive clothing

Stylish adaptive wear



Employment

CLICK BELOW



Returning to work after a Spinal Cord Injury - Ollie Thorn



What are my employment options after a traumatic experience?
Leighton Morris

Employment Rights after SCI

What support is available to help me do my job?

Advice, practical support & financial assistance to overcome work related obstacles resulting from disability

Employer disputes regarding your injury

Free legal advice on disability discrimination - The Disability Law Service (DLS)

Returning to work

Finances

CLICK BELOW

Application for funding the care you may need

Information on eligibility and the application process

Charities

CLICK BELOW

There are many charities that help to inspire people affected by spinal cord injury to get the most out of life. There are a wide range of support services, expert information & practical help, supporting you from injury to independence.



Aspire



Back Up Charity



Bladder and Bowel UK



Cauda Equina Champions Charity



Cauda Equina Syndrome Association (CESA)



Disabled Living



SIA - Spinal Injuries Association



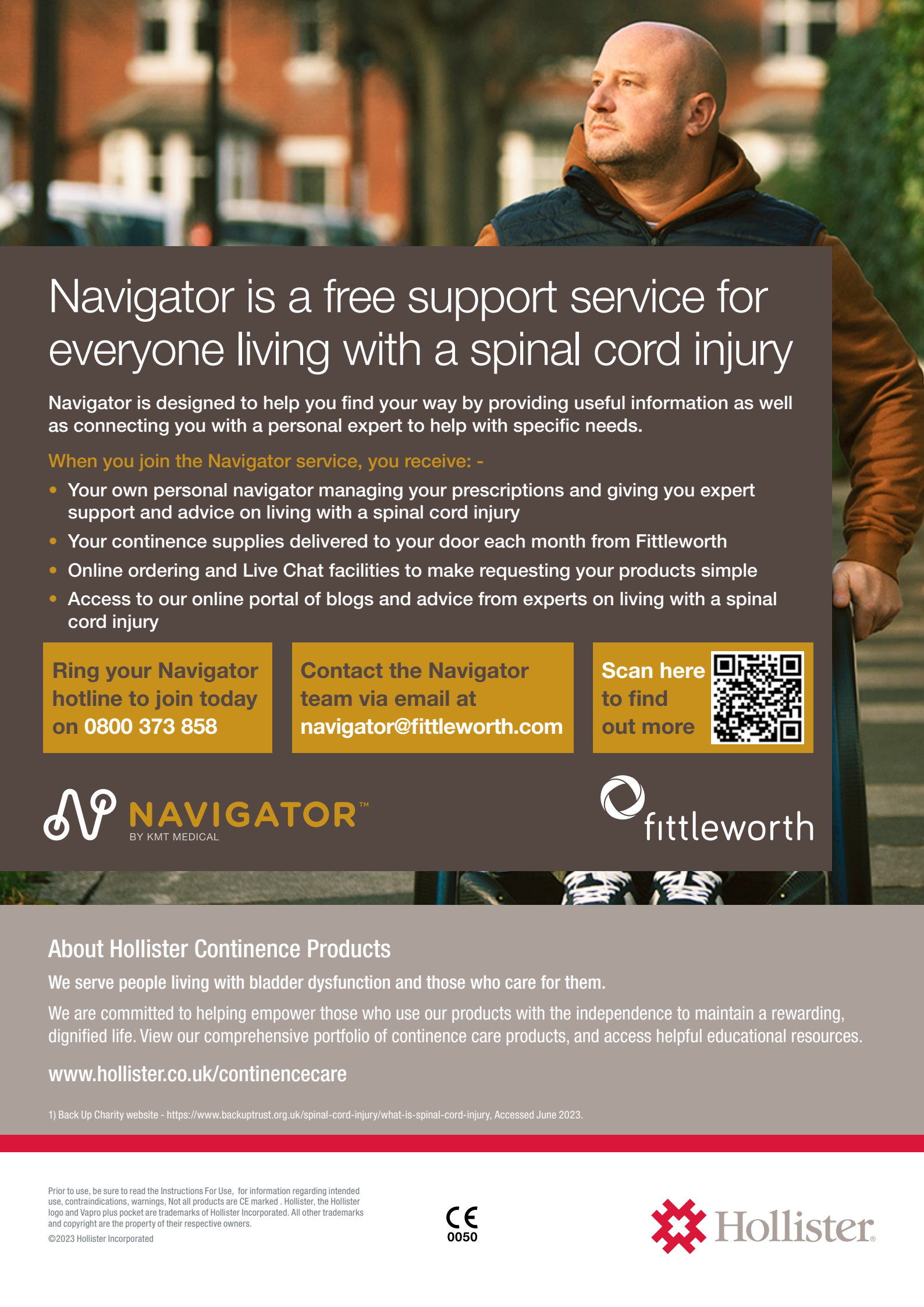
Spinal Injuries Scotland



Wheelpower

Influencers





Navigator is a free support service for everyone living with a spinal cord injury

Navigator is designed to help you find your way by providing useful information as well as connecting you with a personal expert to help with specific needs.

When you join the Navigator service, you receive: -

- Your own personal navigator managing your prescriptions and giving you expert support and advice on living with a spinal cord injury
- Your continence supplies delivered to your door each month from Fittleworth
- Online ordering and Live Chat facilities to make requesting your products simple
- Access to our online portal of blogs and advice from experts on living with a spinal cord injury

Ring your Navigator hotline to join today on **0800 373 858**

Contact the Navigator team via email at **navigator@fittleworth.com**

Scan here to find out more



About Hollister Continence Products

We serve people living with bladder dysfunction and those who care for them.

We are committed to helping empower those who use our products with the independence to maintain a rewarding, dignified life. View our comprehensive portfolio of continence care products, and access helpful educational resources.

www.hollister.co.uk/continencecare

1) Back Up Charity website - <https://www.backuptrust.org.uk/spinal-cord-injury/what-is-spinal-cord-injury>, Accessed June 2023.

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