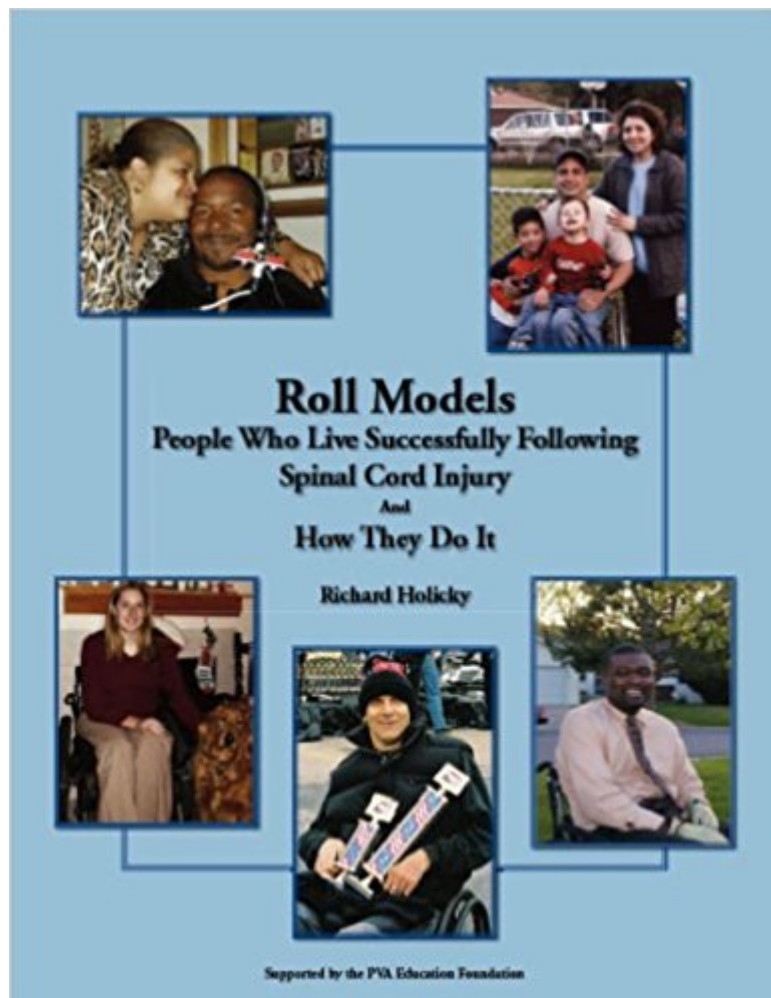




The book was found

Roll Models: People Who Live Successfully Following Spinal Cord Injury And How They Do It



Synopsis

"I thought life was pretty much over." Paul Herman "I was afraid people wouldn't see me for who I still was." Cathy Green "I didn't need this to be a better person." Susan Douglas "I wasn't sure I wanted to live 'this way.'" Kevin Wolitzky The above four people and 49 more just like them went on to find high levels of success and lead satisfying lives. Together they tell 53 stories of moving forward to meet all the challenges, fears, obstacles, and problems common to the life-altering circumstances after spinal cord injury, and doing it without benefit of wealth, large settlements or solid health coverage. Ranging in age from 21 to 67, disabled from three to 48 years they share 931 years of disability experience. Roll Models is a valuable new resource for recently injured people and their families, and for nurses, therapists, psychologists and all other professionals who treat, work with and care for people with spinal cord injury. Straight from the horse's mouth, survivors explore their experiences with disability and answer many questions those in rehab are asking: Early Thoughts What were your thoughts immediately following injury? What were your initial thoughts and reactions regarding SCI and the future? The First Years What were your biggest fears during that first year or so? How did you get past those early fears? Changes, Obstacles and Solutions How much different are you now, compared to how you were before injury? What's been the biggest obstacle? How did you address these obstacles? Finding What Works What have been the most difficult things for you to deal with since injury? What's the worst thing about having an SCI and using a chair? What's been your biggest loss due to injury? Is SCI the worst thing that ever happened to you? Tell me something about your problem solving skills. How do you deal with stress? What do you do to relieve stress? Salvations, Turning Points and More Was there any one thing that was your "salvation" or key to your success? Was there a turning point for you when you began to feel things were going to get better? What personal factors, habits and beliefs have helped you the most? SCI and Meaning Do you find any meaning, purpose or lessons in your disability? Did any positive opportunities come your way because of your injury? What's your greatest accomplishment? What are you most proud of?

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Customer Reviews

Richard Holicky has been writing about spinal cord injury and disability issues since his injury in 1989. As a researcher, writer and peer counselor at Craig Rehabilitation Hospital he studied and wrote extensively on spinal cord injury and aging, and authored a book and numerous articles for family caregivers. Prior to injury he was, alternately, a teacher, farmer, woodsman, hard rock miner, writer, youth worker, teacher and community organizer. Since then, in addition to writing, he's worked as a teacher, counselor and mediator in the Denver area.

I have been a quadriplegic for almost 30 Years. For over 25 of those years I have worked with newly injured persons. Spinal cord injury does not discriminate, it crosses economic, racial, and geographic boundaries. There is not a quick fix formula for dealing with paralysis. Mr. Holicky expertly demonstrates this in showing how persons from disparate backgrounds successfully navigate the rough waters of sustaining a spinal cord injury. This book puts a real face on what is too often fodder for a movie of the week. It is vital reading for persons with spinal cord injuries, their friends and families, professionals, or anyone who wants to understand the process of moving forward after a traumatic injury. Roll Models showcases how a tragic event need not lead to a tragic life.

I found this book to be valuable and useful not only for people with spinal cord injury, but also for family, friends, and professionals who wish to truly understand the challenges of being paralyzed and using a wheelchair. These personal interviews offer candid information and a variety of useful and creative how-to's from people who have survived spinal cord injury, rehabilitation, and life adjustments. The book will be a valuable resource both for those new to spinal cord injury and those injured for some time. Despite being a professional in the field for over 20 years, I learned a great

deal reading this book.

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