

Spinal Cord Injury Virtual Recreation Program

What is the purpose of this study?

The Covid-19 pandemic has adversely affected quality of life and social interaction. For those with disabilities, who are more likely to experience barriers to social engagement, the impact may be even more significant.

The Spinal Cord Injury (SCI) Virtual Recreation Program at Casa Colina Hospital and Centers for Healthcare seeks to provide online social and leisure opportunities for participants with SCI. Through the utilization of "Connection Coaches," assistive technology, and more, the program will offer access to virtual opportunities that provide meaningful social support.

Casa Colina researchers will evaluate the program's success based on pre- and post-study interviews.



Who is eligible and what is involved?

Any individual with SCI is eligible to apply for participation. Once your participation is confirmed, Casa Colina's research coordinators will provide you with:

- ◆ Initial assessment to identify barriers to social activities and to classify personal interests and hobbies.
- ◆ Education and assistance on assistive technology, internet resources, and online navigation skills.
- ◆ Access to virtual workshops on a variety of topics, which may include:
 - Video gaming
 - Cooking
 - Books and film
 - Fitness
 - Arts and crafts
 - More!
- ◆ Participants are expected to complete at least one hour-long virtual class of their choice and may attend as many virtual workshops as desired.
- ◆ Participants must complete pre- and post-study testing, which will be conducted over the phone.

Participant benefits

Research shows physical and psychological benefits from social integration and participation in meaningful activities. Our overall goal is for participants with SCI to experience positive benefits relating to quality of life while improving literacy with internet use and assistive technology.

For more information, please contact Niko Fullmer at 909/596-7733, ext. 2220 or nfullmer@casacolina.org. To apply, go to <https://redcap.link/y4168lcr> or scan the QR code below using your smartphone camera.

