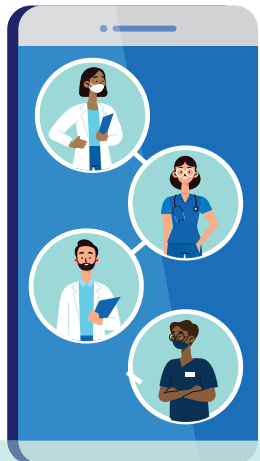


Brought to you in the interest of

SPINAL CORD INJURY DAY

Ways to #KeepInTouch and stay healthy with the help of telecommunication and telehealth during the COVID-19 pandemic:

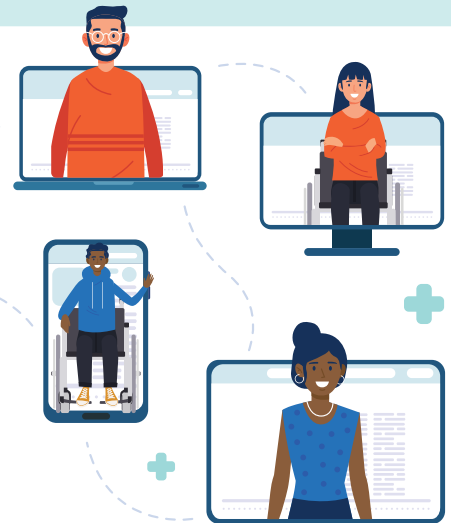


UTILISE VIRTUAL MEETINGS

Use virtual meetings through platforms such as Zoom and FaceTime to follow up with therapy team members, attend carer training and continue home-based rehabilitation.

JOIN SUPPORT GROUPS

Join virtual support groups to learn new skills and to support your peers. Telephonic consultations with the multidisciplinary team can be conducted virtually.



UTILISE SOCIAL MEDIA

Use social media to access educational videos, leaflets and care instruction guides.

For more information about how to join support groups email to info@qasa.co.za



QuadPara Association (QASA)
www.qasa.co.za



Southern African Spinal Cord Association (SASCA)
www.sasca.org.za



Spinal Cord Society (ISCoS)
www.iscos.org.uk

www.sciday.org