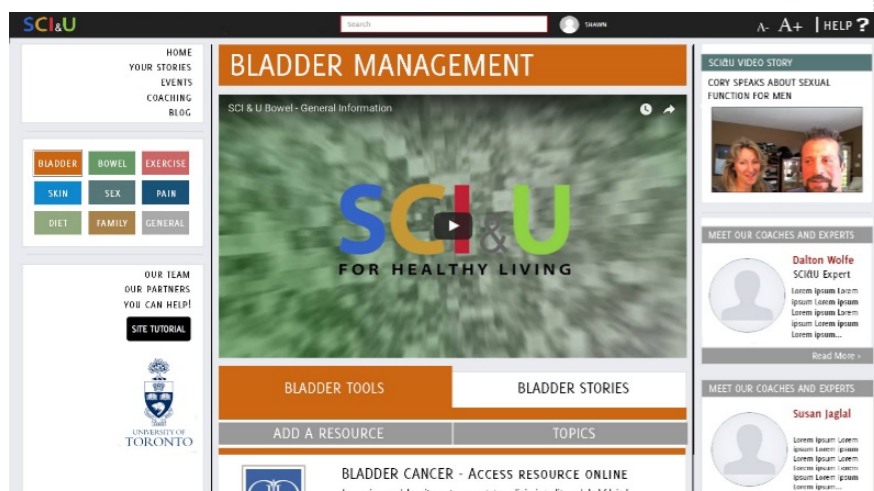


Our trained peer health coaches help you reach your health goals



Living a healthy life with spinal cord injury (SCI) can be challenging. Our health coaches are people who live with SCI, so they “get it.” And they have been trained to help you develop the skills you need to manage your health more effectively.

Do you want to be healthier? Would you like support as you work toward your health goals?

You are eligible if you:

- have been living in the community with a spinal cord injury for a year or more
- are 18 or older

You will be asked to take part in a pilot program that offers 6 months of online coaching. Participants receive an honorarium.

Interested in participating?

Contact the project team at SClandUstudy@utoronto.ca



A partnership of the University of Toronto, Saskatoon Health Region and GF Strong Rehabilitation Centre, with funding from the Canadian Institutes of Health Research



Online Peer Health Coaching

For people with spinal cord injury



What is health coaching?

A proven approach to support health management by developing skills in:

- Problem solving
- Goal setting, and
- Action planning.

This is one of the first programs to offer health coaching to people with SCI. It is the first in Canada and the first available online.

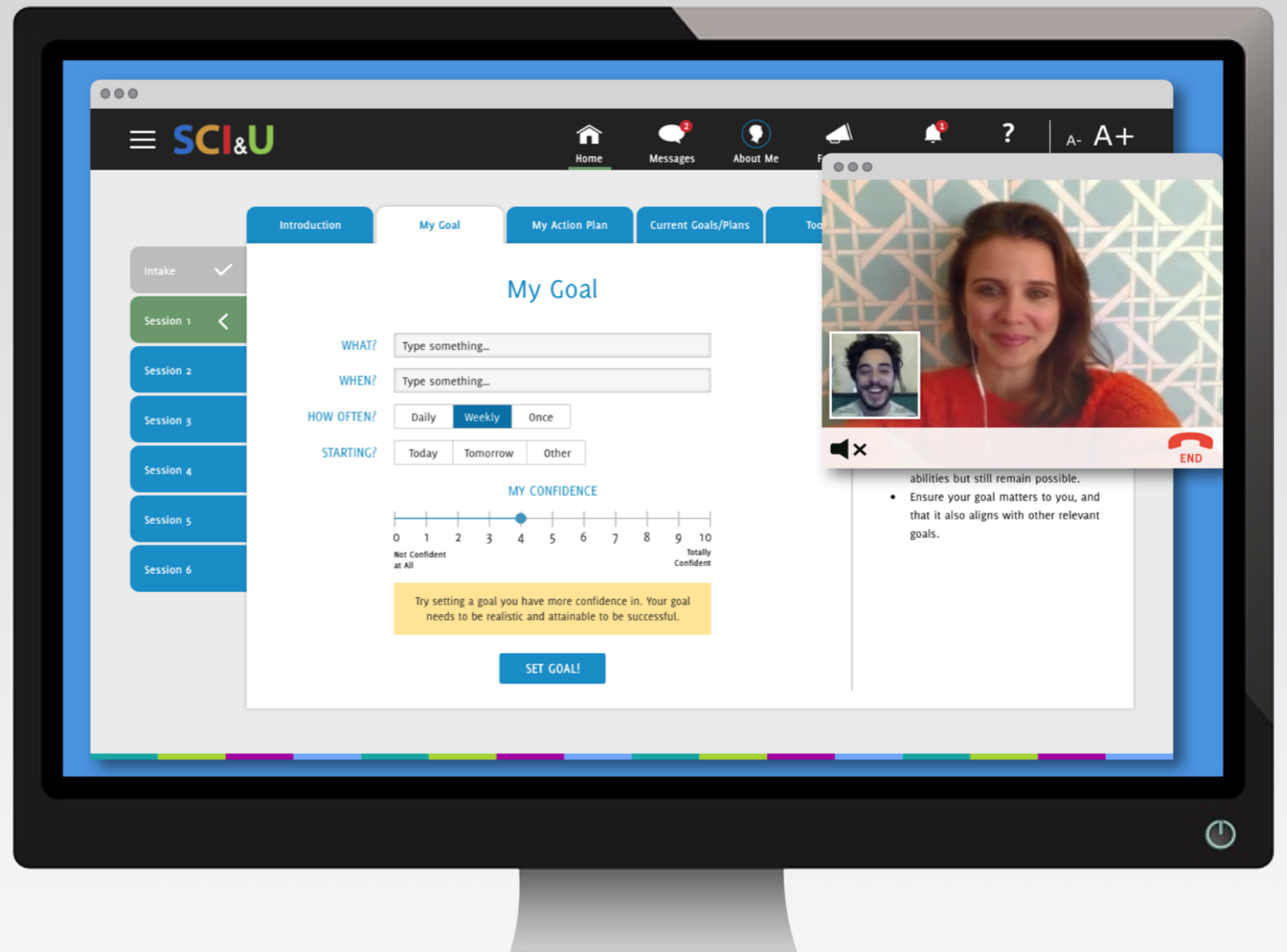
How can it help me?

Your health coach can help you:

- Become more active, and take part in physical activity
- Develop healthy eating habits
- Problem-solve issues you may have with bowel, bladder or skin management

You decide what you work on with your coach!

Version 3: 4/3/2019



The SCI&U platform offers:

- Secure videoconferencing with your health coach
- Online support for goal setting and action planning
- Individualized tools
- Information resources on important health topics

The SCI&U program can cover:

- Bladder, bowel and skin care
- Healthy eating
- Physical activity
- Pain
- Stress, anxiety & depression