



# KNOWLEDGE IS POWER

ESCIF 2019

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| RYGG  
MÄRGS  
| SKADA

MAMMA  
PAPPA  
LAM

Spinalis®



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## AIM

To support and strengthen parents and parents to be with SCI

## METHOD

Website, lectures, network, get togethers

MAMMA  
PAPPA  
LAM

MAMMA  
PAPPA  
LAM

– att vara förälder  
och ryggmärgsskadad

Swedish version / English version

Spinalis®

sök här ... Sök:

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FERTILITET GRAVIDITET FÖRLOSSNING FÖRÄLDRASKAP TIPS & TRICKS BLOGG INFO

### VÄLKOMNA!

Detta är ett projekt med mål att höja kunskapsnivån kring fertilitet, graviditet, förlossning och föräldraskap för personer med ryggmärgsskada.

Läs mer på [information](#)

### UR-PLAY FÖRELÄSNINGAR



Se utvalda föreläsningar från UR playtjänst: [mer...](#)

### ETT GULDKORN



Vi är stolta vinnare av Arvsfondens guldorn 2017 i kategorin personer med funktionsnedsättning. [mer...](#)

### TIPS & TRICKS



### PARAMAMA.CH



Vi kan stolt meddela att Schweizer-Verenigung paramama.ch

### LYFT AV SPÄDBARN



# SCI PARENTING

spinal cord injury and parenting

Swedish version / English version

sök här ... Sök:

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FERTILITY PREGNANCY CHILDBIRTH THE PROJECT TIPS & TRICKS

### WELCOME

"Spinal cord injury and parenting" is a Swedish project aimed at increasing knowledge about fertility, pregnancy, childbirth and parenting for people with spinal cord injuries. The project is run by the Spinalis Foundation.

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### FERTILITY



### CHILDBIRTH



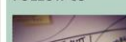
Women with spinal cord injury can give birth normally (vaginal delivery), just like any other woman. Also as with other women, circumstances may sometimes require a caesarian section. Labor and delivery are often quick, time body muscles do not offer much resistance. [Read more](#)

### PREGNANCY



There are no obstacles that prevent a woman with spinal cord injury from becoming pregnant. Studies show that a woman with spinal cord injury has the same prospects to give birth to a completely healthy child as a woman without spinal cord injury. [Read more](#)

### FOLLOW US



### BLOG



О проекте Новости Часто задаваемые вопросы Контакты

Поиск по сайту

МамаПапаЯ

Напишите нам письмо или задайте вопрос

ПОВРЕЖДЕНИЕ СПИНОГО МОЗГА >

СТАТЬ РОДИТЕЛЕМ ПОСЛЕ ТРАВМЫ >

ВОСПИТАНИЕ ДЕТЕЙ >

ВРАЧАМ >

## Проект Мама-Папа-Я

### Здоровье и образ жизни

Как стать родителем после травмы. Фертильность, беременность, рождение ребенка

### Мнения врачей

Статьи и публикации врачей

Menu DE | FR

Schweizer Paraplegiker-Vereinigung  
paramama.ch



### «Mit Querschnittlähmung Eltern werden» – aus der Community

In der Paraplegie Community nachzulesen: Ein Beitrag über das Eltern werden und Eltern sein im Rollstuhl. Vier Geschichten aus aller Welt mit Videobeiträgen.

... mehr



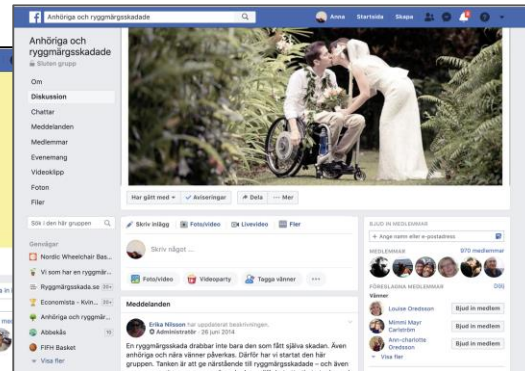
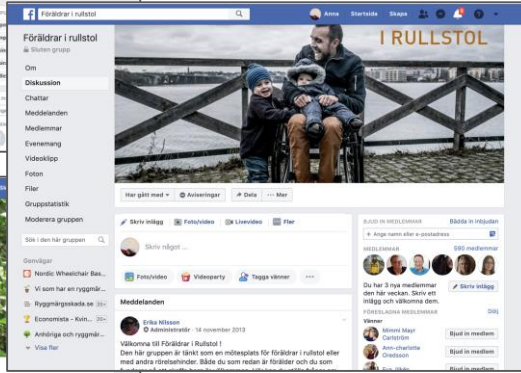
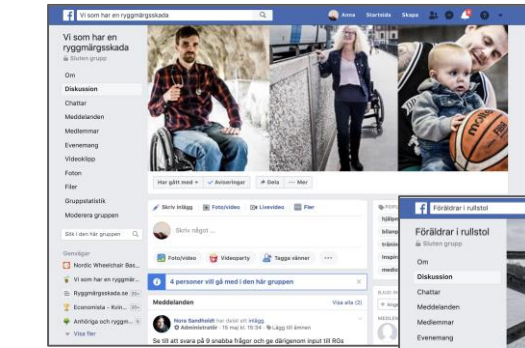
A photograph of a family by a body of water at sunset. A man with dark hair, wearing a light blue button-down shirt, is seated in a wheelchair. He is smiling and looking towards the right. He is holding a baby in a blue and white striped shirt. A young girl with blonde hair, wearing a light blue dress, is standing next to the wheelchair, pointing her right hand towards the water. The background shows a calm body of water under a soft, orange and pink sunset sky. The overall mood is peaceful and hopeful.

# RESULTS

- Raised level of knowledge
- Stronger community
- International acknowledgment
- Research projects
- Raised awareness

# SOCIAL MEDIA

- Parents in wheelchairs
- Living with SCI
- SCI and family members
- High level of injury (Sky-high)
- Women with SCI /Men with SCI



A man with a shaved head, wearing a white and brown striped polo shirt and dark trousers, is seated in a black motorized wheelchair. He is positioned in the center of a bright, modern living room with light-colored wood flooring and large windows. The room features a white ceiling, a pendant light, and a bar counter in the background. The overall atmosphere is clean and well-lit.

# COMMUNITIES

- Bringing people together
- Empowering - thousands of years of lived experience
- Networking >1600 members out of 6000 persons living with SCI
- Fast and easy accessible
- Downside - medical advice



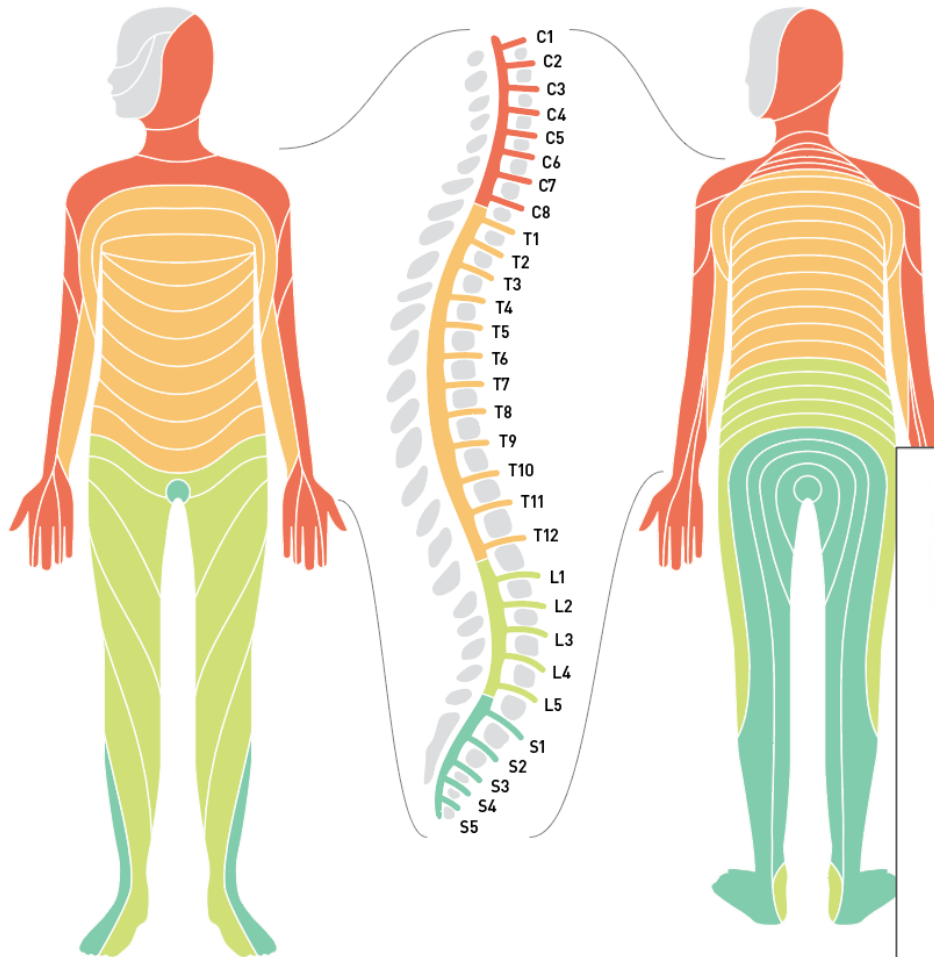
RYGG  
MÄRGS  
SKADA

## Ryggmärgsskada.se (Spinalcordinjury.se)

**Main goal:** to support people living with SCI with the medical and practical information needed to become informed patients so they can live healthy and active lives avoiding secondary complications.

**Method:** website, networking, educational sessions, online broadcasting, printed material.





# TECHNOLOGY

Using e.g. animations (to give life to) to spread knowledge and visualise what SCI is.

RYGG  
MÅRG  
SKADA

Vad söker du?

RYGGMÄRGSSKADA HÄLSA & LIVSTIL ANHÖRIG LAG & RÄTT INSPIRATION FORSKNINGSBLOGG INFO

### Hur påverkas kroppen av en ryggmärgsskada?

Beroende på var en person får sin skada på ryggmärgen påverkas bland annat känseln i olika delar av kroppen. Det finns 8 cervikala, 12 thorakala, 5 lumbala och 5 sakrala spinalnerv. Varje nerv förmedlar känsel från en specifik del av huden till hjärnan. [Läs mer](#)

Flytta muspekaren eller finger längs ryggraden för att se vilka områden som påverkas.

