



## Information Encouragement Support

*from someone who's been there*

*"Having a peer mentor has meant a lot to me as I have felt alone in a community of people without disabilities. No one understands what I am going through better than a peer mentor. I am excited about my future." – Tom*

**Learn More Today!**

**Christopher & Dana Reeve Foundation  
NATIONAL PARALYSIS RESOURCE CENTER**

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[ChristopherReeve.org/peer](http://ChristopherReeve.org/peer)  
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## What is the Peer & Family Support Program?

The best source of knowledge is experience. For people living with paralysis and their family members or caregivers, learning to navigate their changing world can be challenging and overwhelming at times.

That's why the Christopher & Dana Reeve Foundation created the Peer & Family Support Program for people living with paralysis as well as those who care for them to come together for hope, support, and a way forward.

Available across the country, our free peer-to-peer network helps everyone, from newly-paralyzed individuals and their family members to people who have lived with paralysis for some time, by offering the personalized guidance and information you need to live a fulfilling life.

Once matched with your trained and certified mentor, you'll receive:

- **Peer-to-peer support**—get advice and guidance from your dedicated mentor who understands the day-to-day realities and long-term challenges of life with paralysis.
- **Customized help**—answers to your questions and encouragement to reach your goals from someone who is thriving while living with paralysis.
- **Guidance with navigating resources**—get help accessing the array of local, state and national resources.
- **Peer/Mentor matching**—we try to match people of similar age, gender, level of paralysis, and veteran status.
- **Confidential personal interaction focused on your needs**—determine what topics you will discuss, how often you will meet, and how you will communicate with your mentor (in person or by phone, email, text, or video chat).

**Over 22,000 people have been helped by our peer mentors located in over 40 states.**



*“Thanks to the Reeve Foundation Peer & Family Support Program, I feel that my family and I will not stand alone in this new journey of rebuilding my life.”*  
– Kristi

## How Can a Peer Mentor Help?

With years of real-world experience and access to an unparalleled amount of information and resources, your peer mentor is well equipped to offer help on a variety of topics like:

- Transitioning home from a rehab center
- Going back to work or school
- Managing your health and secondary conditions
- Coping with the responsibilities of being a caregiver
- Building your confidence and motivation
- Maintaining healthy relationships after paralysis
- And much, much more

Adapting to life with paralysis is easier with help. Contact us now to be matched with a peer mentor.

If you want to have an honest, realistic, and constructive discussion about life with paralysis, contact us today.