

# SPINAL CORD INJURIES

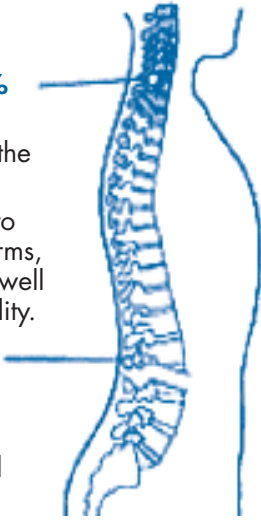
## Types of spinal cord injuries

### Quadriplegia: 56%


- Caused by injury to the eight segments of the cervical spinal cord
- May impact ability to breathe and/or use arms, wrists and fingers; as well as impair walking ability.

### Paraplegia: 44%

- Caused by injury below the neck
- Impairs trunk control and walking ability



## Causes of spinal cord injuries

Vehicle accidents  
 **50%**

Sports Injuries  
 **9%**

Falls  
 **24%**

Other  
 **6%**

Acts of Violence  
 **11%**

\*Source: Spinal Cord Injury Information Center

## SOME SCI FACTS

Based on 2004 studies, it is estimated the number of people in the United States with spinal cord injuries is approximately 250,000 persons • Approximately 11,000 new injuries occur each year • 55% of the injuries occur between the ages of 16 and 30 • The average age of the spinal cord injured person is 32 years

**NCSCIA**  
 3701 Wake Forest Road  
 Raleigh, NC. 27609  
 phone 919.350.4172  
 www.ncscia.org



**Support**



**Communication**



**Information**



**Advocacy**



**North Carolina Spinal Cord Injury Association**



# North Carolina Spinal Cord Injury Association

**The North Carolina Spinal Cord Injury Association (NCSCIA)** is an approved state chapter under the National Spinal Cord Injury Association (NSCIA). The mission of NCSCIA is to enable people with spinal cord injury and disease (SCI/D) to achieve their highest level of independence, health and personal fulfillment. The goals of the organization are centered on the key objectives of Support, Communication, Information and Advocacy. These are reflected through our programs, website, committees, support groups and social activities. Visit [www.ncscia.org](http://www.ncscia.org)

## NCSCIA HIGHLIGHTS

**Support** for the SCI/D community includes peer and group support programs, resource availability, adaptive clinics and social activities. In addition to networking, the membership meetings, website, fundraisers and feedback surveys reinforce our commitment to **Communication**. Our **Information** objectives are highlighted through the annual conference, wellness days, website content and newsletters. **Advocacy** is supported at the local, state and federal levels and includes grants and sponsorship programs. NCSCIA provides strong support for the health and wellness of the SCI/D community, including current and future hopes of research initiatives.

NCSCIA is a non-profit, tax-exempt 501(c) 3 organization.



## MEMBERSHIP IN NCSCIA

The foundation of NCSCIA is strong due to the support of the SCI/D community, our members, sponsors, vendor partners and volunteers. Your membership and involvement will support our continued growth and service to the SCI community in North Carolina. Feedback from the SCI community is important and provides further direction for future NCSCIA initiatives. Committee activities are also available for those interested in volunteer opportunities.

In addition to our state chapter, NCSCIA also encourages you to research the benefits of the National Spinal Cord Injury Association (NSCIA). Membership information is available at their website, [www.spinalcord.org](http://www.spinalcord.org)

**The mission of the NCSCIA is to enable people with spinal cord injury and disease (SCI/D) to achieve their highest level of independence, health, and personal fulfillment.**

## Membership Application Form

Your membership helps to support our programs. Members will receive our news-letter, invitations to events, SCI resources and information.

Annual Membership Dues: *Check the appropriate box.*

- SCI Individual\* \$10
- Individual supporter \$15
- Family \$25
- Professional \$35
- Corporate \$250

*\*Free membership for injuries less than one year.*

Please Complete Form Below:

Name \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone # \_\_\_\_\_

Email Address \_\_\_\_\_

Date/Injury Level (if applicable) \_\_\_\_\_

*Donations are also accepted.*

Yes, I would like to include a donation: \$ \_\_\_\_\_

*NCSCIA Volunteer Opportunities are available.*

Yes, Please contact me

Please send form, payment and donations to:

**NORTH CAROLINA  
SPINAL CORD INJURY  
ASSOCIATION**

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