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The Internet has dramatically increased access to information, research and support for everyone, and individuals with spinal cord injury are no exception. The Internet is a well equipped tool for obtaining information as there are thousands of web sites, databases, mailing lists, chat rooms and other online resources related to various aspects of spinal cord injury. One thing to keep in mind when navigating the Net - resources found on the Internet can vary in terms of accuracy, usefulness, quality and user-friendliness. One way to begin checking into the quality of information on a given site is to first check Disability Resources' online FAQ's (Frequently Asked Questions) for guidance on evaluating a site ("Evaluating Disability Information on the Internet," <[www.disabilityresources.org/EVALUATE.html](http://www.disabilityresources.org/EVALUATE.html)>).

The Internet also provides a wealth of self-help information related to managing one's own health. Some of this information is accurate, and some is not. Keep in mind that obtaining information about your health via the Net should not replace, but rather augment, the advice of a medical professional and/or comprehensive physical exam.

This chapter is designed to assist not only the person with a spinal cord injury in accessing resources on the Internet, but also family members, caregivers, rehabilitation professionals and anyone who would like to know more about spinal cord injury.

If you are new to the Net, you might consider starting with <[www.learnthenet.com](http://www.learnthenet.com)>, an excellent website for those just beginning to access information via the Internet.

*As with all of the resources listed in this guide, we do not endorse any of these services nor make any guarantees regarding the services available at any of these sites. Have fun and happy surfing !!!*

## INTERNET INDEXES

Indexes (also called Meta sites) are guides to other web sites. Most indexes are organized by topic and include clickable links to the sites they list. The following indexes are useful in identifying and organizing the wealth of SCI on-line resources.

### **Spinal Cord Injury Information Network**

University of Alabama at Birmingham

<[www.spinalcord.uab.edu](http://www.spinalcord.uab.edu)>

- Organizes and links to a wealth of resources such as books, organizations, other web sites on various topics related to SCI
- Topics include subject areas, such as medical, international and rehab centers, type of content, which include publications, audiovisuals and listings by states and organizations

### **Virtual Paraplegia**

<[www.mt.net/~rusa/](http://www.mt.net/~rusa/)>

- Personal home page of Regina Martin, PhD and Russ Anderson
- Straightforward, categorical approach to SCI web sites

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### **The DRM WebWatcher - Spinal Cord Injury**

<[www.disabilityresources.org/SCI.html](http://www.disabilityresources.org/SCI.html)>

- Listing of the Disability Resources Monthly favorite SCI web sites

### **DRM Guide to Disability Resources on the Internet**

<[www.disabilityresources.org](http://www.disabilityresources.org)>

- Constantly growing guide to the best disability resources online
- Separate pages on over 400 disability related topics, as well as individual guides to agencies and organizations in each of the 50 states

### **Healthfinder**

<[www.healthfinder.org](http://www.healthfinder.org)>

- The federal government's gateway to health and medical information
- Directs the user to selected online publications, databases, web sites, support and self-help groups, government agencies and non-profit organizations that offer reliable information

### **National Institutes of Health**

<[www.nih.gov/health](http://www.nih.gov/health)>

- Provides information on where to go to learn more about hundreds of diseases
- Links to many other useful resources

### **National Library of Medicine**

<[www.nlm.nih.gov](http://www.nlm.nih.gov)>

- Official site of the National Library of Medicine offers access to more than 40 online databases
- Provides a direct link to Medline, which contains references to numerous medical papers and abstracts
- Information tends to be technical in nature, but very current and comprehensive

### **SCI Ring**

<[www.tbi-sci.org/sciring](http://www.tbi-sci.org/sciring)>

- Links SCI web pages together for easier Internet navigation

## **DISABILITY AND REHABILITATION SITES**

### **ABLEDATA**

<[www.abledata.org](http://www.abledata.org)>

- Online database that contains descriptions and ordering information for over 24,000 assistive devices

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### **CanDo.com**

<[www.cando.com](http://www.cando.com)>

- Well designed website for anyone with a disability
- Offers news, channels, shopping, adaptive tools and accessories

### **Craig Hospital**

Rocky Mountain Model Spinal Cord Injury System

<[www.craig-hospital.org/rehab/](http://www.craig-hospital.org/rehab/)>

- Outstanding set of modular educational tracts covering a variety of topics from osteoporosis to medications, fatigue, spasticity, personal care assistants and many more
- Also features a health assessment profile for individuals with spinal cord injury called the WRAP (Wellness and Risk Assessment Profile)

### **Midwest Regional Spinal Cord Injury Care System**

<[www.nwu.edu/spine/](http://www.nwu.edu/spine/)>

- This site has a unique pictorial representation of the continuum of patient care for the individual with spinal cord injury

### **Model Construct for Community Integration in Spinal Cord Injury**

<[www.mcw.edu/spinal/](http://www.mcw.edu/spinal/)>

- This site offers a comprehensive bibliography on SCI and information on how to receive the newsletter, *BackWords*
- Also lists the collaborative research projects that the Wisconsin system is involved in

### **Mount Sinai Model Spinal Cord Injury System**

<[www.mssm.edu/rehab/homepage.html](http://www.mssm.edu/rehab/homepage.html)>

- Offers a description of Mt. Sinai's programs for SCI rehabilitation

### **Northeast Ohio Regional Spinal Cord Injury System**

<[www.metrohealth.org/clinical.norscis/default.asp](http://www.metrohealth.org/clinical.norscis/default.asp)>

- This site contains a good selection of information and some great pictures
- Features *Tips and Tidbits* section which allows individuals to send in tips about how to function independently with a disability

### **University of Washington**

Northwest Regional Spinal Cord Injury System

<[www.depts.washington.edu/rehab/sci](http://www.depts.washington.edu/rehab/sci)>

- Great site with information and links to other sites of interest
- Spinal Cord Injury Update is an excellent newsletter for both professionals and consumers

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### **Shepherd Hospital**

Georgia Regional Spinal Cord Injury Care System

<[www.shepherd.org](http://www.shepherd.org)>

- Offers a wealth of information, including two online newsletters, *Shepherd Clinical Review* and *SpineLine*.

### **National Rehabilitation Information Center (NARIC)**

<[www.naric.com](http://www.naric.com)>

- This organization is funded by the National Institute on Disability and Rehabilitation Research (NIDRR) to serve anyone, professional or layperson, who is interested in disability and rehabilitation
- Contains information regarding literature, organizations, timely information and research in 5 databases
- Also lists projects funded by NIDRR

### **National Information Center for Children and Youth with Disabilities (NICHCY)**

Website: <[www.nichcy.org](http://www.nichcy.org)>

- Web site devoted to providing information on disabilities for families, educators and other professionals
- Focuses on children and youth (birth to age 22)
- Services include personal responses to specific questions, publications, referrals to other disability organizations and information searches of their own library and databases
- Information also provided in Spanish

### **New Mobility**

<[www.newmobility.com](http://www.newmobility.com)>

- Well established cross-disability magazine
- Contains superb articles and a virtual online community

### **Ourtools.com**

<[www.ourtools.com](http://www.ourtools.com)>

- Interactive web site providing a mix of information, resources, references, product presentations and online discussion groups to people with physical limitations and their caregivers
- Offers solutions to leading an active lifestyle
- Assistive devices can also be purchased through this web site

### **Rehab International**

<[www.rehab-international.org](http://www.rehab-international.org)>

- A federation of national and international organizations working for the "prevention of disability, the rehabilitation of people with disabilities and the equalization of opportunities within society."
- Composed of 200 organizations in 90 nations across the world

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## EMPLOYMENT RELATED SITES

### Department of Rehabilitation

<[www.rehab.cahwnet.gov](http://www.rehab.cahwnet.gov)>

- The mission of the Department of Rehab is to “assist Californians with disabilities to obtain and retain employment and maximize their ability to live independently in the community”
- This website provides information on the Americans with Disabilities Act (ADA) and other services of the Department of Rehabilitation including education, vocational training, and job announcements

### The Monster Board

<[www.monster.com](http://www.monster.com)>

### Careerpath

<[www.careerpath.com](http://www.careerpath.com)>

- These useful sites can help you create an electronic version of your resume for posting or sending to potential employers
- Also posts job listings

### Job Accommodation Network (JAN)

<[www.jan.wvu.edu/english/homeus.htm](http://www.jan.wvu.edu/english/homeus.htm)>

- This site includes a host of resources and information regarding employment for individuals with disabilities

### National Job Opportunities - Diversity Direct

<[www.jwtworks.com](http://www.jwtworks.com)>

- Listing of professional job openings from over a dozen major national corporations
- Job seekers with disabilities can obtain a free copy

## ONLINE RESUME/JOB BANKS

The following organizations offer online resume posting and/or job listings for individuals with disabilities via their websites:

### Challenge 2000

<[www2.interaccess.com/netown](http://www2.interaccess.com/netown)>

### Diversity Direct National Job Opportunities Listing

<[www.diversitydirect.com](http://www.diversitydirect.com)>

### Independence Bank

<[www.ind-bank.org](http://www.ind-bank.org)>

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### **National Business and Disability Council**

<[www.business-disability.com/home.asp](http://www.business-disability.com/home.asp)>

### **New Mobility's Jobline**

<[www.newmobility.com/jobline](http://www.newmobility.com/jobline)>

### **University of Minnesota Disability Service Careers Online**

<<http://disserv3.stu.umn.edu/COL>>

## **LEGAL/ADVOCACY RELATED SITES**

### **Disability Advocacy Clinic**

<[www.disabilityac.com](http://www.disabilityac.com)>

- A "cyberoffice": which provides non-attorney representatives (paralegals) to assist in SSI and SSD cases in New Mexico, Colorado, Texas, Arizona and California
- DAC provides a "gateway" between the SSA and claimants with disabilities
- Included in the web site are frequently asked questions (FAQs) regarding SSI/SSD, DAC profile, DAC staff, litigation, DAC links and DAC history

## **LEISURE, RECREATION AND TRAVEL SITES**

### **ArtDis - Art and Disabilities Home Page**

<<http://thecity.sfsu.edu/~artdis/>>

- Information for artists with disabilities and organizations that are composed of and/or work for them
- Includes a bulletin, calendar of events, and directory of art centers for people with disabilities

### **Accessible Travel**

<[www.mossresourcenet.org/travel.htm](http://www.mossresourcenet.org/travel.htm)>

- Provided by MossRehab ResourceNet, this is an information service for the traveler with a disability
- Includes travel tips, travel agencies, information on airlines, trains, and buses, hotels/motels, van and car rental companies, government resources, newsgroups and mailing lists

### **Access Tours, Inc.**

<[www.disabilityproducts.com/accesstours](http://www.disabilityproducts.com/accesstours)>

- Site geared toward accessible travel

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## **AccessAble Travel Source**

<<http://dbserver.access-able.com/agents.cfm>>

- Maintains a database of travel agents around the world

## **Emerging Horizons**

<[www.emerginghorizons.com](http://www.emerginghorizons.com)>

- Online newsletter about accessible travel
- Consumer oriented newsletter - accepts no advertising in order to present an unbiased view of accessible travel options
- Features foreign and domestic destinations, accessible lodging, recreation, travel tips and lots of resources

## **Follow Me Outdoors**

<[www.angelfire.com/tx/followmeoutdoors/](http://www.angelfire.com/tx/followmeoutdoors/)>

- Site listing fun activities and recreational resources

## **GORP (Great Outdoors Recreational Program)**

<[www.gorp.com/gorp/eclectic/disabled.htm](http://www.gorp.com/gorp/eclectic/disabled.htm)>

- Provides information on outdoor resources for people with disabilities

## **Half the Planet.com**

<[www.halftheplanet.com](http://www.halftheplanet.com)>

- Provides access to goods, services and information related to the practical demands of living with a disability
- Offers a wide range of services including e-commerce, classified advertising, chat, bulletin boards, links and archives designed for the disabled community

## **MEDICAL SITES**

### **WebMD**

<[www.webmd.com](http://www.webmd.com)>

- One of many sites that provide medical information on a host of different topics
- Also consists of community groups which are linked by common interests
- Great site to ask medical questions, but always check with your physician before trying a new treatment or remedy

### **Mayo Health Clinic Health Oasis**

<[www.mayohealth.org](http://www.mayohealth.org)>

- Site operated by the Mayo Clinic
- Comprehensive guide to 8,000 prescription and over-the-counter drugs, including facts on side effects, drugs that should not be taken simultaneously

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## MedicineNet

<[www.medicinenet.com](http://www.medicinenet.com)>

- This site features a medical dictionary and an index of diseases and treatments
- Edited by doctors for the general public

## Medline - PubMed, Internet Grateful Med

<[www.nlm.nih.gov/databases/freemedl.html](http://www.nlm.nih.gov/databases/freemedl.html)>

- The National Library of Medicine provides two free systems to search medical topics in the MEDLINE database
- About 11 million references and abstracts are found in this database

## Medscape

<[www.medscape.com](http://www.medscape.com)>

- Consumer friendly health news website that provides access to medical information and news in an easy to read manner
- Also offer the CBS HealthWatch “personal health information and tools” which allows you to personalize the health information you receive

## Pharmaceutical Information Network

<[www.pharminfo.com](http://www.pharminfo.com)>

- The glossary on this site provides definitions for common and uncommon maladies, as well as links to other sources

## US Food and Drug Administration

<[www.fda.gov/cder/drug.htm](http://www.fda.gov/cder/drug.htm)>

- This site is run by the FDA’s Center for Drug Evaluation and Research
- Provides information on newly approved prescription drugs, as well as those sold over the counter

## SCI SPECIFIC SITES

### National Spinal Cord Injury Association

<[www.spinalcord.org](http://www.spinalcord.org)>

- Connects the world of SCI and unites available support and resources together
- Individuals living with SCI can read about others who successfully faced the same challenges

### Paralinks

<[www.paralinks.net](http://www.paralinks.net)>

- The electronic magazine for people with spinal cord injury

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### **Paralyzed Veterans of America**

<[www.pva.org](http://www.pva.org)>

- Provides links to other SCI related sites, as well as information about the organization and its activities

### **The Rehabilitation Research Center for Traumatic Brain and Spinal Cord Injury**

<[www.tbi-sci.org](http://www.tbi-sci.org)>

- Homepage for the Model System for TBI & SCI at Santa Clara Valley Medical Center
- Website contains information on the TBI and SCI Projects including community activities, peer support, research and resources
- The *TBIRD* (Traumatic Brain Injury Resource Directory) and *SCI-FYI* (Spinal Cord Injury - For Your Information) can be accessed through this site
- SCI Ring is also found on this site - a tool which links SCI web pages together and has over 100 sites to explore

### **Spinewire**

<[www.spinewire.com](http://www.spinewire.com)>

- Outstanding web page made exclusively for the SCI community
- Features many current articles and SCI-related news pieces
- Also have a special section called "Wise-wire" which features frequent newsbriefs from noted SCI researcher, Dr. Wise Young

### **Wheelweb.com**

<[www.wheelweb.com](http://www.wheelweb.com)>

- Exceptional website for individuals with spinal cord injury
- Site is rich with content relevant to SCI

## **REGENERATION & RESEARCH**

The following websites feature SCI cure-related information, such as the latest in regeneration research efforts, trials, experimental drug treatment for spinal cord injury, etc.

### **The Miami Project to Cure Paralysis**

<[www.miami.edu/miami-project](http://www.miami.edu/miami-project)>

### **Cure Paralysis Now**

<[www.cureparalysis.org](http://www.cureparalysis.org)>

### **Spinal Cord Society**

<<http://users.aol.com/scsweb>>

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## OTHER SITES OF INTEREST

### Link2Care

<[www.Link2Care.net](http://www.Link2Care.net)>

- Internet program to support family caregivers
- Provides online information, services and connections to caregiving families on demand, utilizing existing community services
- Provides access to a personal profile and action plan, an information library, consultation with medical and legal experts, moderated support groups and a database of local community resources
- Administered by Family Caregiver Alliance

Update: Currently this service is only available for those caring for individuals with dementia.

### National Parent Network on Disabilities (NPND)

<[www.npnd.org](http://www.npnd.org)>

- Website of a national advocacy group which provides late-breaking news, legislative information, and others items of interest to parents

### Wired on Wheels

<[www.wiredonwheels.org](http://www.wiredonwheels.org)>

- Website dedicated to sharing information on accessibility
- Lets visitors check a restaurant's accessibility before they visit
- Consumers can submit their own ratings and reviews
- Site examines such accessibility specifics as parking, bathrooms, service communication, transportation and physical layout

## CHAT SITES

If you are interested in real-time conversation with a real person, you might want to visit a chat site. There are countless topics and groups available. You can decide to chat in a public auditorium or in a private room for you and another guest.

### New Mobility

<[www.newmobility.com](http://www.newmobility.com)>

### SCI Connection

<[www.sciconnection.com](http://www.sciconnection.com)>

### Talk City

<[www.talkcity.com](http://www.talkcity.com)>

- Web site completely devoted to chatting