

# Spinal Cord Injury 101 & Equine-Assisted Activity: Living It—Learning It—Loving It

Session Presenter: Theresa Chase, MA, ND, RN

Session Objectives:

By completion of this presentation, participants will have:

- Identified the basics of spinal cord injury (SCI).
- Discussed the lived experience of one person with SCI and EAAT.
- Examined the physical and emotional issues associated with SCI.
- Summarized the available resources for continued education about SCI.

Session Outline

1. Spinal Cord Injury Basics
  - a. Statistics in the US
  - b. Para or Tetra: Levels of Injury
  - c. Physical Considerations
  - d. Emotional Considerations
  - e. Safety Issues Beyond Standards
  - f. Communication & Sensitivity
2. Case Study Approach: My Lived Experience with SCI
  - a. It's been a 28-Year Journey
  - b. Ups & Downs
  - c. What I would like You to Know...
3. How Working with Horses Helped Me
  - a. Dealing with Loss & Grief
  - b. Finding my Stability Again
  - c. Taking Me Places I Could Not Go Alone
  - d. Giving Me a Voice
4. Working with Horses and People with SCI
  - a. Participants Discussion and Sharing Time
  - b. Creative Problem-solving
  - c. Tips You Can Share
5. Available Resources

(More detailed handouts will be provided at the session)