



Swiss
Paraplegic
Foundation

ParaForum

Welcome to Nottwil

Get to know four fascinating personalities
and immerse yourself in the everyday life
of people with spinal cord injuries.

ParaForum

This is where
**Matteo, Sarah, Stefan
and Christine** live: they
are four people with spinal
cord injuries who talk
about their challenges
and perspectives.

Apartment layout



A Stefan's room

41 years old, has tetraplegia, spinal cord injury at shoulder level, wheelchair user with limited use of arms and hands following a traffic accident on his bicycle.

Main topics: professional career as somebody with tetraplegia, stress and its consequences, pain and pressure sores, planning trips.



B Sarah's room

32 years old, has paraplegia, spinal cord injury at stomach level, wheelchair user after falling over a tree trunk when hiking.

Main topics: accident and rescue, sense of self-worth, pregnancy and motherhood as a wheelchair user.

1 Entrance/Cloakroom of apartment

Matteo, Sarah, Stefan, and Christine welcome you to their shared apartment.

2 Morning routine and personal hygiene

Everything takes much longer now and is in part only possible with help from other people. Bladder and bowel emptying needs to be planned every day. Thorough skin checks for areas of pressure due to the threat



of pressure sores, which are one of the most common reasons for hospital admissions.

3 Kitchen, food

Special construction considerations for wheelchair users, nutritional guidelines, trying out a wheelchair.

4 Pain

Image gallery with facets of chronic pain. This is one of the most drastic impairments for people with spinal cord injuries.

5 Inclusion, humour, reading material

Family, profession, leisure, society: using knowledge and awareness to break down psychological barriers and deal with pitfalls. Matteo, Sarah, Stefan and Christine give examples. Is it OK to make jokes about wheelchair users? People with spinal cord injuries may; they introduce us to their sense of humour, which is gallows humour at

times. Sit down and browse through a small selection of books on the topic of spinal cord injury: specialist books and entertaining literature.

6 Physical training using the hand bike

Try it out for yourself: sit on a hand bike and ride a few virtual laps.

7 Spine, spinal cord, and spinal cord injury

A 3D animation, which can be adjusted in terms of spinal cord injury level, shows some of the key effects on the body of spinal cord injuries.

8 Look through the keyhole

What actually happens in the operating theatre? And what goes on in rehabilitation therapy? How does a person with tetraplegia and paralysed fingers use a mobile

C Matteo's room

17 years old, has paraplegia, spinal cord injury at chest level, wheelchair user after a high-speed sporting accident when biking downhill.

Main topics: professional training, leisure time and action, separation from his parents, and first love.



D Christine's room

68 years old, has tetraplegia, spinal cord injury at neck level, electric wheelchair user, severe impairment to arms and hands, following a disease with bleeding into her spinal cord.

Main topics: from utter independence to complete dependence, meaning of life, painting with limited hand function.



phone or a computer? How can a person with a spinal cord injury get dressed? How can a person with a spinal cord injury transfer his or her paralysed body from bed to wheelchair? Can wheelchair users do sport? They can – and incredibly well!

9 Exit/Terrace

Thank you for your visit and your solidarity. Good-bye!

