

## What SENDCos say about our Education and Inclusion service:

"I have been a SENDCo for over ten years and never supported a pupil with spinal cord injury myself. I am doing a lot of research and trying to be aware of gaps in my knowledge - it's so good to know Back Up's expertise is there. Back Up has been brilliant and this service has been exceptionally helpful. Back Up has answered so many questions I didn't even realise I had."

**SENDCo supporting newly injured  
5 year old to transition back to school**



## If you'd like more free support, our Education Inclusion service can help

- Teachers and other students understand more about spinal cord injury
- Liaise with hospitals and education providers
- Visit nurseries, schools, colleges or universities – we support in meetings, deliver assemblies and can help ensure needs are met
- Make sure children and young people's voices and experience is heard
- Provide advice and support with our free online Education Inclusion toolkit
- By providing peer support from our dedicated and experienced volunteer Education Advocates – all of whom have a spinal cord injury and understand

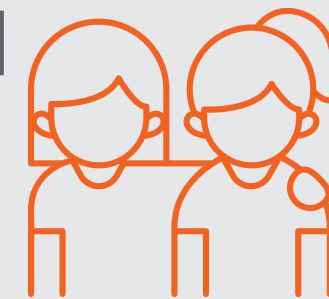


[www.backuptrust.org.uk  
/support-for-you/  
children-young-people](http://www.backuptrust.org.uk/support-for-you/children-young-people)  
[@backuptrust](https://www.instagram.com/backuptrust)

## Supporting a student with spinal cord injury

Back Up is the only charity in the UK that provides dedicated services for children and young people with spinal cord injuries and their families.

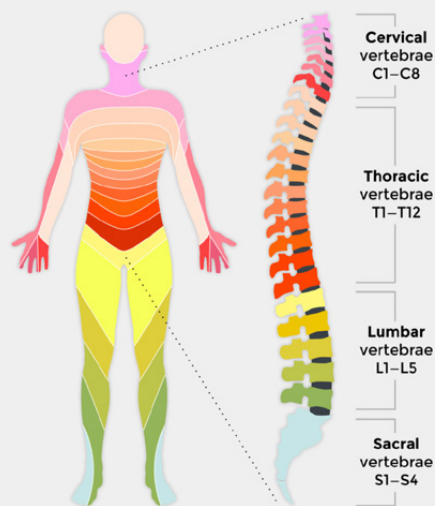
## Around 100 children



and young people will sustain a spinal cord injury each year.

**back up**  
transforming lives after spinal cord injury

# What is a spinal cord injury?



Spinal cord injury is life-changing. For the child or young person, and family and friends. Everyone can be affected by a spinal cord injury in different ways, including:

- Some children and young people can walk, some use crutches or other mobility aids, and others use a manual wheelchair or powerchair.
- An injury can affect bladder and bowel functions.
- Children and young people can experience pain, fatigue and spasms which can affect concentration and school attendance.
- Those with higher level injuries can experience Autonomic Dysreflexia, causing an increase in blood pressure whilst lowering the heartbeat.
- Can affect feeling and sensation



## Advice from children and young people

### #ThinkAskListen

- Think before speaking – is what you say going to be uncomfortable for me?
- Ask me before taking action or making decisions about me
- Listen to what I have to say – I am the expert on my injury and know what I need.

## Top tips for inclusion

- Think 'How can I include, rather than can I include?'
- The voice of the child is paramount
- Healthy risk taking is part of being a child
- Fostering an inclusive whole school ethos helps everyone
- Be flexible in the teaching approach – is there a more inclusive way of achieving the lesson aims?



#ImDisabledNotUnable  
Here's what children and young people with a spinal cord injury want you to know!

- "I'm still me."
- "I don't like missing school, but sometimes I have to for appointments, surgeries or if I am unwell. I actually miss getting attendance certificates."
- "Direct conversations about me to me, not to my Teaching Assistant (TA)"
- "I want to be included in all aspects of education"
- "Please don't make assumptions about what I can or can't do – I will ask if I need help"
- "Please don't panic or fuss over things – this makes me feel more uncomfortable"
- "Please don't talk about private sensitive matters such as personal care in front of other students"