

Goal one

Living confidently: all people with a spinal cord injury have the confidence and practical skills to live a full, independent life.

Setting the scene

Spinal cord injury changes your life in an instant. The impact can be catastrophic affecting every area of your life from your bladder, bowel and sexual function to your career and relationships, and how you age.

Adjusting to spinal cord injury can be overwhelming, but we believe it shouldn't stop anyone from getting the most out of life. Our services, including wheelchair skills training, activity courses and vocation service, challenge preconceptions and show people affected by spinal cord injury what is possible.

Over the lifetime of the strategy, we will build on our existing services in order to help more people gain the skills and confidence they need to live life independently.



What did people with spinal cord injury tell us?

“Be there EARLY for everyone affected.”

“I think Back Up’s focus on practical skills, psychological stability and learning **how to have fun again** is completely on target. I also found everything Back Up does seems to be really professionally run. **It’s made a huge difference for me.**”

“Keep your focus upon assisting independence and showing newly injured people that **there is a way forward.**”

What we will achieve by 2025

- We will reach all newly injured people in the UK, including all children and young people. By providing support from the beginning of the adjustment process we can make sure people have the skills and confidence they need to live life independently.
- We will be more inclusive, expanding the number and range of our transformative courses and virtual resources for people who cannot access specialist support in spinal centres – making them accessible wherever they may be in the UK.
- We will be leaders in supporting people with spinal cord injury in getting back to work and volunteering, working collaboratively with businesses, the NHS and other organisations where we can achieve more together to provide even more opportunities.