

More Than Walking



**Our Stories Can Prove
Independence Is Possible
With Spinal Cord Injury**

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www.morethanwalking.com

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Our Story

Jessica Bello Capote (right) grew up in Cali, Colombia and became a physical therapist because she enjoyed helping people live with chronic conditions that required new adaptive skills and tools. Valedictorian of her class at Universidad del Valle, she worked in Cali from 2013 to 2015, practicing neurological, aquatic, and musculoskeletal physical therapy in private rehabilitation centers and Clínica Fundación Valle del Lili, a large teaching hospital. The number of patients who needed physical therapy often outnumbered the available professionals, and access to assistive equipment and other medical services were limited, disrupting patients' recoveries and therapists' effectiveness.



Jonathan Sigworth (left) grew up in Connecticut, USA and became a documentary filmmaker and disability advocate in India after a 2006 bicycle accident there left him paralyzed below his arms and in his hands when he was 19. He subsequently returned to India, while completing his English degree at Wesleyan and then at Dartmouth University, to start India's first wheelchair rugby team and direct a short documentary "More Than Walking" (2009) – having witnessed the lack of opportunities that new spinal cord injury patients had to learn about pursuing independence again.

In November 2013, Jessica was treating a quadriplegic patient named Jaiber (center), who didn't believe that he could get out of bed and into his wheelchair on his own after becoming paralyzed in a motor-cross accident in 2011. In an effort to convince him otherwise, Jessica searched on YouTube and found Jonathan's documentary and bed mobility demonstration video. Jaiber believed that Jonathan was only acting paralyzed, so Jessica found Jonathan on Facebook and discovered that he had just moved to Delhi to start a transitional living and peer mentor program for quadriplegics with ESCIP Trust India. Soon after Jessica contacted him, Jonathan traveled to Colombia to visit her and mentor Jaiber in person. Not only did Jaiber begin pursuing independence, paragliding and wheelchair motocross, but Jessica and Jonathan married in 2016 and co-founded More Than Walking Incorporated on August 28, 2017 to improve global access to the knowledge and community that makes life with paralysis possible.

Go to the link below to watch Jonathan's 20-min. "More Than Walking" documentary.

www.morethanwalking.com/story



500,000 People Worldwide Suffer A Spinal Cord Injury Every Year

Most lose the ability to walk, control bowel & bladder, and engage with society. What they often gain is crushing social stigma, financial hardship, nerve pain, and depression. Patients often feel alienated, even with their own doctors and therapists, and return home without knowing how they can ever live independently again.



Massive Open Online Video Course To Share Path To Independence



When you see someone else with your injury, speaking your language and showing how they live independently day-to-day, you become empowered to take charge of your life as well. We make this possible by interviewing peer mentors and using their demonstration videos of independent living skills to create a step-by-step course for every type of spinal cord injury. From peer recommendations, we make viewers aware of medical suppliers and disability-related businesses and services in their area through a global resource map.

I'm not sure if I will get use of my legs back or not. If I do, that's good. If I don't... still good, because that's not who I am. I'm not a pair of legs. I am more than that."

Joseph Newson JR., C7/T1 Quadriplegic
Less than 1 year injured in Connecticut

Local Mentor Interviews Prove That Independence Is Possible No Matter The Limitations

Injury Level Prognosis

Cervical 1 – 3 Quadriplegia

Neck mobility intact, ventilator required for breathing. Motorized wheelchair. Total assistance for all activities.

Cervical 4 Quadriplegia

Some shoulder movement, independent breathing. Motorized wheelchair. Total assistance for all activities.

Cervical 5 Quadriplegia

Elbow flexion, can support sitting and lift hand to face. Motorized wheelchair. Total assistance for all activities.

Cervical 6 Quadriplegia

Wrist extension, able to support and lift body while sitting. Manual wheelchair. Can perform wheelies.

Cervical 7 – 8 Quadriplegia

Able to raise arm completely vertical. Manual wheelchair. Can transfer from floor to wheelchair.

Thoracic 1 – 9 Paraplegia

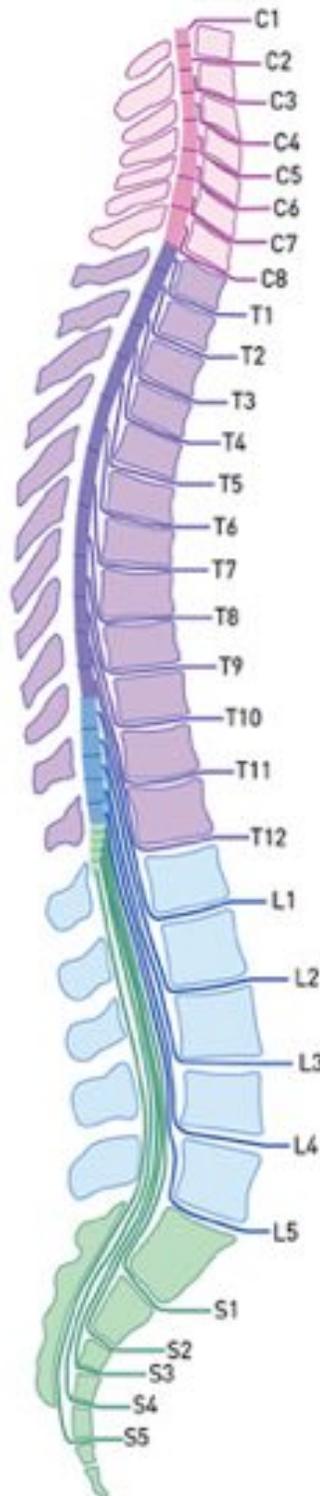
Full arm and hand function. Manual wheelchair. Total to some assistance with heavy house cleaning

Thoracic 10 – Lumbar 1 Paraplegia

May walk with crutches, walker, or leg braces. Some assistance required with heavy house cleaning.

Lumbar 2 – Sacral 5 Paraplegia

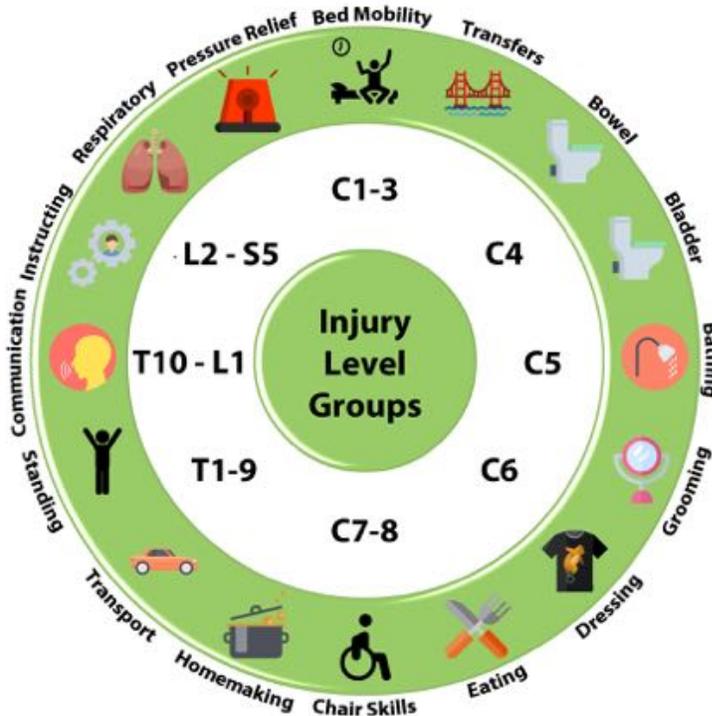
May walk with cane or ankle braces. Some assistance required with heavy house cleaning.



Reality In CT, MA, NY



Mentor Demonstrations and Therapist Analysis Videos Create Roadmaps To Follow



Prognosis Demonstrations

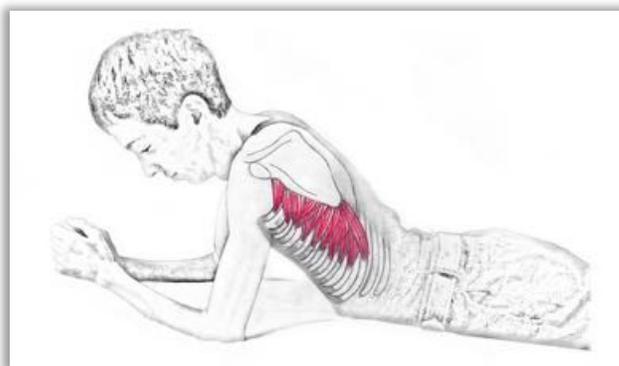
Peer mentors demonstrate what independence looks like by submitting their own videos on 16 activities of independent living for More Than Walking to edit, publish online, and distribute to hospitals, nursing homes, medical schools, adaptive sports groups. As SCI viewers learn new skills, they can become mentors too and submit their own demonstrations.

Functional Mobility Skills

Demonstrations related to bed mobility, sitting, transfers, wheelchair skills, standing, and walking are organized into a step-by-step course for every injury level group.

First, a peer mentor video demonstrates the process for a single activity – like moving around on elbows in bed.

Second, a therapist analysis video breaks down that activity into separate steps and explains key muscles, precautions, and progression strategies.



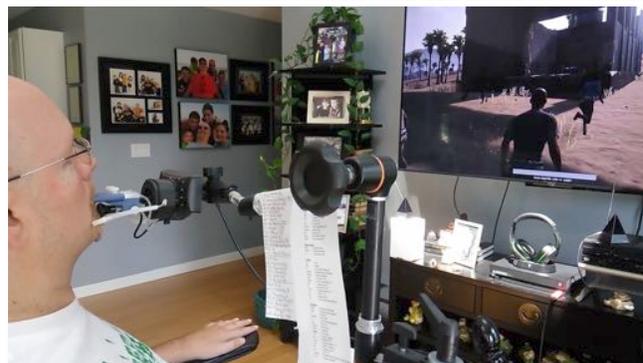


Every Video An Opportunity To Discover Community Resources

Our Resource Map Grows With Our Audience

Accessible from any of our videos and website, our resource map presents all businesses, organizations, and programs that peer mentors from around the world have recommended as being useful for managing Spinal Cord Injury in the local community. These might include hospitals, pharmacies, medical suppliers, wheelchair vendors, grant foundations, support groups, government programs, recreation clubs, vocational training centers, service animal trainers, adaptive sports teams, and others. The map is viewable both on a desktop and mobile devices.

We encourage disability related companies and organizations to submit their own information as well, so as to make the newly injured aware of their services. The map is updated weekly and all submissions are vetted for reliability and relevance.



Sponsor Collaborations To Demonstrate Independence

For every region in which we feature peer mentors in interviews and demonstrations, we solicit sponsorships from local and national companies. All sponsors have the opportunity to collaborate with More Than Walking mentor volunteers to create relevant and compelling demonstration videos of independent living skills using sponsor products or locations.



Community Stakeholders Who Can Use Our Video Course

To Learn & Work

SCI Patients in Hospital and at Home

While facing the shock of becoming paralyzed and preparing to transition home, patients use MTW to understand what they need to learn to maximize independence and to find mentors, adaptive recreation, medical suppliers, and existing support programs in their community.

Rehabilitation Therapists

Regardless of experience with SCI, therapists use MTW to understand the perspective of their patients, arrange for peer mentor visits, and communicate therapy goals, mobility strategies, and community resources to patients and caregivers.

Family Members & Home Health Aides

They are the primary caregivers from the moment an SCI patient leaves the hospital. They use MTW to learn how to best help an SCI person stay active, connected, and transition to independent management of their own care.

Therapy & Nursing Schools

Physical & Occupational Therapy, Nursing, and medical students in general use MTW to understand the diversity within SCI populations and how best to serve them in future practice. MTW offers a network of peer mentors with SCI who can provide in-person demonstrations and lectures.

Community Advocates & Students

Spinal Cord Injuries can affect anyone, and we all know someone who knows someone living with paralysis. Disability awareness, rights, and equality are pivotal issues that everyone can use MTW to better understand. We are all disabled, all human, and all living for something that is more than walking.

To Promote & Maximize Impact

Disability NGOs & Support Groups

Existing support networks for SCI use MTW to broadcast their services to the newly injured. These networks are also where the majority of peer mentor demonstrators will volunteer with MTW to share their skills with the newly injured.

Adaptive Sports & Recreation Groups

Sports teams are always looking for new players and such groups are often shared only through specific hospital sponsorships or word of mouth. Members of these groups become MTW mentors to recruit and share their experiences.

SCI Treatment Hospitals

Whether specialized or not, every hospital that treats SCI patients uses MTW to provide patient education and practical guidelines to medical staff on prognosis, independent living strategies, and community resources available upon patient discharge.

Medical Suppliers & DME Vendors

Patients and often therapists have little idea where to buy wheelchairs, catheters, and other supplies and equipment that is urgently needed prior to patient discharge from the hospital. Relevant businesses use MTW to expose newly injured to their services and reputation in the community.

Government & Private Insurance

73% of SCI survivors remain unemployed 10 years after injury, which can cost over \$1 million in the first year and \$50,000 - \$200,000 each year thereafter. Financial stakeholders support MTW to reduce overall costs by promoting SCI independence education.



Our Progress
8/28/17 - 10/31/19





Monthly Sponsorship Levels

Benefit	Luminary \$500 \$6000 annual	Champion \$250 \$3000 annual	Partner \$100 \$1200 annual	Believer \$50 \$600 annual	Friend \$25 \$300 annual
Your company featured by location or product in 5 *demonstration videos	✓ + Logo				
Your company featured by location or product in 4 *demonstration videos		✓ + Logo			
Your company featured by location or product in 3 *demonstration videos			✓ + Logo		
Your company featured by location or product in 2 *demonstration videos				✓ + Logo	
Your company featured by location or product in 1 *demonstration video					✓ + Logo
Your company's sponsorship highlighted in all publications and public media events	✓ + Logo	✓ + Logo	✓ + Logo	✓ + Logo	✓ + Logo
Your name listed and hyperlinked on our sponsor webpage	✓ + Logo	✓ + Logo	✓ + Logo	✓ + Logo	✓ + Logo
Monthly thank-you posts on Facebook, Instagram, and Twitter linking to your website or social account	✓ + Logo	✓ + Logo	✓ + Logo	✓ + Logo	✓ + Logo

* For example, a sponsor may collaborate and assist a More Than Walking volunteer to use relevant location space or product to demonstrate opening doors, transfers, home management, dressing, wheelchair skills, etc – with verbal or visual acknowledgement.



Become A Sponsor Online or Mail In To Sign Up!

www.morethanwalking.com/donate

Monthly Sponsorship Level

Luminary - \$500 Champion - \$250 Partner - \$100
Believer - \$50 Friend - \$25

Payment Information

- Enclosed check made out to More Than Walking
 Please charge the following credit card number in the amount of \$ _____
 Monthly / One-time Visa Mastercard American Express

Account: _____ **Exp. Date:** ___/___/___

CCV: _____ **ZIP:** _____ **Name:** _____

Send an invoice. We will fulfill payment no later than ___/___/___

My donation is in-kind (please describe): _____

Company Contact Information

- Please list company/org name to be used in promotional materials, indicating exactly how it should appear, including capital letters and abbreviations.
- You can email your form, logo and any guidelines for use to jsigworth@morethanwalking.com and call Jonathan Sigworth at 203-907-5909 with any questions.

Company Name: _____

Contact Name & Title: _____

Mailing Address: _____

City: _____ **State:** _____ **ZIP:** _____ **Phone:** _____

Fax: _____ **E-mail:** _____

Comments: _____

Mail to: More Than Walking Incorporated, 333 State St. Apt. 205, Bridgeport, CT 06604