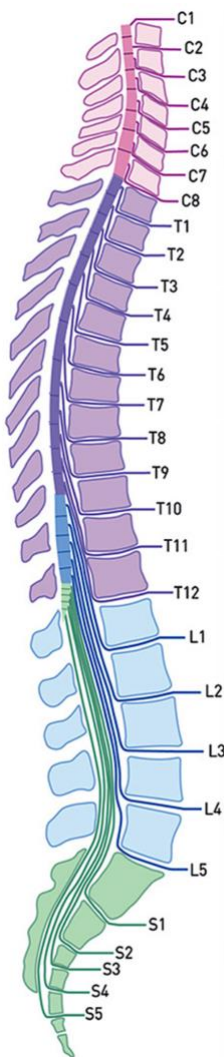




Meet Spinal Cord Injury Peer Mentors & Learn Independence Skills

More Than Walking is a 501(c)3 non-profit organization based in Connecticut, USA with a mission to promote independent living after spinal cord injury worldwide through film. We can help you meet local peer mentors who have a similar type of injury so that you can learn from the strategies and resources they have used to pursue independent living.



Your Injury Does Not Define You

We interview volunteer peer mentors of every type of SCI from around world and ask them to share about their lives before and after injury, and how they have pursued life despite their unique challenges.

Our volunteers also submit demonstration videos of various skills for independent living, such as bed mobility, pressure relief, transfers, bladder and bowel management, dressing, wheelchair skills, adaptive driving, exercise, homemaking, etc.

These videos are accessible from our website, YouTube, Facebook, Twitter, and Instagram @morethanwalking.

Get Instant Community Support

Join our virtual support groups on Facebook or e-mail. Contact us on our website or social media accounts to get help in accessing local SCI resources or connecting with one of our peer mentor volunteers.

Help Others As You Learn

500,000 of us have spinal cord injuries every year, and we need to learn from and advocate for each other! There are no requirements to become a volunteer. No matter where you are in your post-injury journey, your perspective and experience can make a difference.

www.morethanwalking.com