The Spinal Cord Injury Health Maintenance Tool

The Spinal Cord Injury Health Maintenance Tool (SCI-HMT) is a free guide to help you understand and troubleshoot health-related problems you may experience after your spinal cord injury.

The team behind the tool are people with a spinal cord injury, general practitioners and expert clinicians. The SCI-HMT provides evidence-based information, tips and tools to help you proactively manage your health in six key areas – mental health, bladder, bowel, skin, pain and autonomic dysreflexia.

The SCI-HMT is available as booklets, a website and a mobile app. The tool is for people with a spinal cord injury, family members, carers and health professionals.

"Well, I guess the number one motivation for taking care of my health is that I want to live a long life."

– Consumer with spinal cord injury

Get in touch

Contact us at: scihmt@sydney.edu.au

Health
MAINTENANCE TOOL

www.healthmaintenancetool.com

A product of the SCI Wellness Project

The SCI-HMT Booklets

You can:

ask for printed versions of the SCI-HMT booklets from your spinal service provider

OR

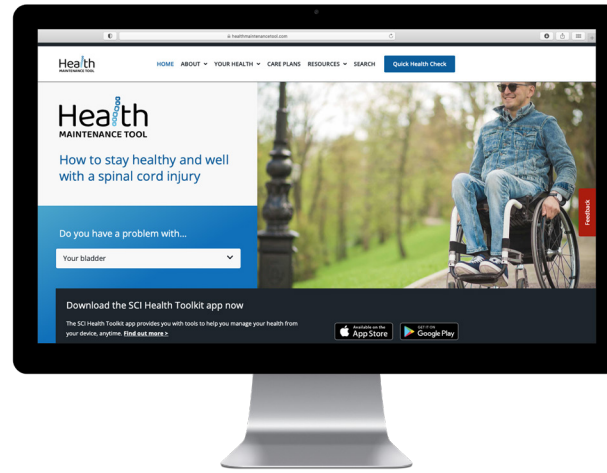access and download the PDF versions at: *www.healthmaintenancetool.com*

OR

get it by scanning this QR code on your smartphone.

Website

The website has interactive elements that you can use anonymously.

Go to: *www.healthmaintenancetool.com*

The digital versions (website and app) have many interactive features and resources to help you understand your health maintenance needs.
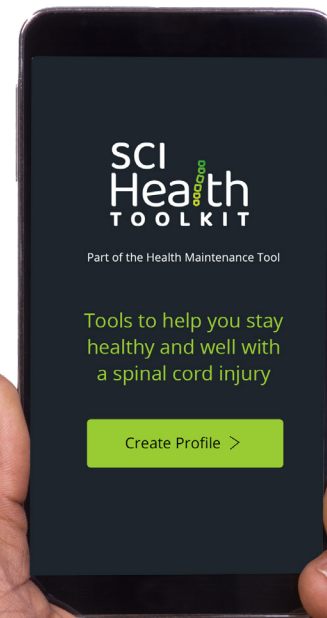
The website includes below elements:

· Search tab
· Quick links
· Videos
· Downloadable interactive diaries
· Customisable care plan
· Quick Health Check
· Quizzes
· Glossary
· Further reading

Smartphone App

The app keeps all your personal information secure within your phone and is not shared with anyone else.

You can get it from the Apple Store or Google Play Store by scanning these QR codes on your smartphone.

Or search "SCI Health Toolkit"

Apple Store

Google Play