

sciontario.org

Outspoken!

Summer 2018

**Spinal Cord Injury
Ontario ANNUAL
GENERAL MEETING**

**AFFORDABLE and
ACCESSIBLE
Activities for the
Summer**

**Chinese Scalp
ACUPUNCTURE:
A Powerful Tool**

**ASSISTIVE TECH:
What's Right for
You?**

**100+ WOMEN
Who Care**

**QUIET
STRENGTH**
*Photographer Caroline
Acton refocuses*

Our Vision: People with a spinal cord injury living the life they choose in a fully inclusive Ontario.

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14 cover story Carolyn Acton has achieved more milestones in her life than many people could ever imagine. In the 20 years since her injury she has been a writer, counsellor, got a degree in Psychology, diplomas in Psycho Therapy and Life Coaching, studied law, and has kept physically fit. She recently followed her passion for photography and now works full time from her downtown Toronto studio.

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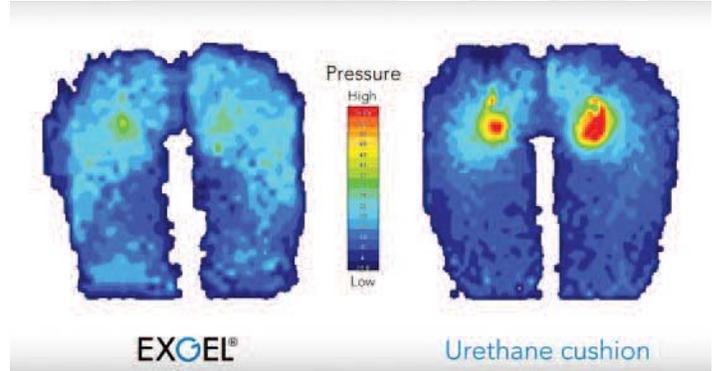


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2018 People In Motion Show Moves to Variety Village

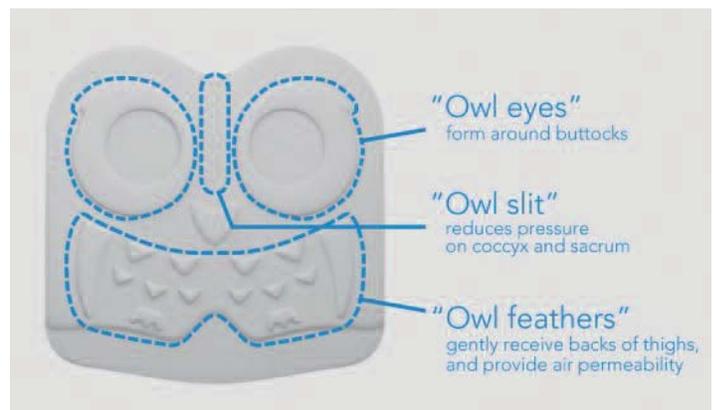
By Frank Pozen

The biggest thing at this year's People In Motion show was that it moved from the CNE to Variety Village. I live in south Etobicoke so that's a longer trip, but to get there, I could still use the TTC.



Exgel Seat Cushion

Everyone has a preference for seat cushions. I prefer gel but I keep having to massage the gel so it doesn't congeal. With the Exgel cushion from Japan, that will no longer be necessary. The gel will redistribute automatically to its original form. All kinds of products have been developed in recent years to eliminate pressure sores. This looks like a real solution. As I said, this product is made in Japan. And they have several varieties for the chair of your choice. The cost of the cushion depends on your choice. The Canadian distributor is LBAC Solutions in Concord. Their representative told me they are working on ADP approval. Who knows if it will ever be approved? If it was, I would order one of these tomorrow. You can contact LBAC at 1-855-275-9711. <http://www.exgel.jp/en/product/liteCushion.html> www.lbacsolutions.com



The problem with the CNE is they had to have shuttle buses at Bathurst station because the streetcars aren't accessible. No such problem getting to Variety Village. I took the subway from Kipling to Victoria Park and there was a bus that goes to Variety Village. That same bus goes to Warden station which is not accessible. Someone at the show asked me about that when I told them I took the subway and bus.

I always plan in advance if I'm taking a new route. And the PIM website had the directions. It seems the TTC is starting a program where someone will travel with a Wheeltrans client and teach that person how to use the regular transit. I stopped using Wheeltrans years ago because of the wait. Not to mention the ODSP discount that City of Toronto has started. Yup, I now have a Presto card.

When I got to the show, it was in the Variety Village gym. I went to Permobil's booth first, because I needed their tech gurus to go over my powerchair. I have had ongoing problems with the rear casters. They told me their new casters will fix the problem. So far so good. They did a few other things, but that was the main thing I needed to be done.

I posted the above picture on my blog to thank the Permobil guys. I am also talking to their marketing people about doing some demos. The one thing we talked about is that the Assisted Device Program hasn't kept up with advancing technology. And I have two new products that use new technology.

Keeogo exoskeleton

I'm sure it won't surprise you that I have seen exoskeleton technology at these shows in the past. Usually the ones I have seen are strictly prototypes and are unlikely to ever go into production. I was very happy to see that Keeogo is trying to take the exoskeleton into production. It's still cost prohibitive but maybe if we can get programs like ADP to embrace taking this technology mainstream, we can get folks with spinal cord injuries walking again. I would like to do that.

The thing that impressed me about Keeogo is they had a Keeogo user demonstrating the product. She isn't a company owner or product developer trying to put on a dog and pony show. That's the kind of practical application I have been looking for in an exoskeleton. While I was at the show, I registered for Keeogo's testing program, and I will likely write about my experiences. I have already spoken to Keeogo and I am very interested in this. You can do that too. Go to keeogo.com and you can register on their homepage. You can also contact them at 1-866-443-1010. They are located in Quebec but they have local care providers for the testing. This should be very interesting.

For more from Frank, you can visit his blog at <http://frankp316.blogspot.com>, or follow him on Twitter [@frankp316](https://twitter.com/frankp316). ●



My Story

By Jessie Gregory

I was involved in a motor vehicle accident in 2008 that left me with paralysis – a spinal cord injury, neck and brain injury. I have irreversible damage to my spinal cord, nerve damage to my legs and hands, damage to my L4 & L5 discs and to my S1 nerve root. I now use a wheelchair to get around. The last few years I have been working very hard to walk again, which has been difficult because of my paralysis and the fact that I cannot fully feel my legs.

I used to be a very active person. I

loved spending time outdoors versus being inside. We did a lot of camping, hiking, biking, kayaking, fishing, riding our motorcycle, and I loved to keep active daily. After my accident, I thought none of this was possible anymore.

I saw the Keeogo DermoSkeleTON for the first time in 2016, when I was at a Canadian Women's National Sledge hockey development camp. While there, I met Julia Hanes, who uses Keeogo.

I then participated in a research study with Keeogo at McMaster University, and with it, I realized I could walk in a normal, unrestricted manner. The amazing strength, stability, security and freedom that this device offered me has

changed everything in my daily life. I am now able to walk longer and farther, stand longer, walk stairs without assistance, carry items, pick things up off the ground and not be exhausted after performing these activities.

With Keeogo I am now able to get back to work and provide my family with the help they need in our family business, and I even do some of the activities I did before. My best achievement at the moment was climbing the 113 stairs of the Tobermory lookout tower, and I'm sure there will be more in the future! ●



Jessie Gregory using the Keeogo DermoSkeleTON.

