



In Spirit

Supporting independent
living for people
with quadriplegia



What if you found yourself paralyzed and dependent on others for every basic need?

The thought of living with quadriplegia is difficult to imagine — yet paralysis is a reality for an increasing number of people. There are over 300,000 people in our country who are paralyzed from spinal cord injuries resulting from vehicle crashes, sports injuries, falls and acts of violence. Quadriplegia — paralysis of all four limbs — is the most common outcome of a traumatic spinal cord injury, but can also be a result of neurological disorders such as multiple sclerosis, cerebral palsy, muscular dystrophy and ALS.

Do you or someone you know qualify to become an InSpirit recipient? If so, please contact us at info@inspiritmarin.org.

The physical challenges faced by people with quadriplegia go beyond paralysis

The care required for people with quadriplegia is both varied and extensive. A personal caregiver is needed for practically every activity of daily living: changing positions, eating, dressing, bathing, bowel & bladder care and everyday tasks such as paying bills and running errands. Constant vigilance is required to avoid associated health complications such as UTIs, skin irritations, respiratory problems & contractures of the joints.



Another unexpected consequence: the financial impact

It's a fact: people with quadriplegia benefit greatly from staying out of institutions and in their own homes. It allows them to maintain their independence, be a part of their community and enjoy longer, more fulfilling lives. But to do so comes at a steep price — literally. In order to qualify for government assistance, those with a severe disability must first exhaust all of their financial resources and essentially maintain a poverty-level existence. So, in addition to their extensive physical challenges and limitations, people with quadriplegia also are forced to live in a constant state of anxiety about how they will be able to find the financial resources needed to help pay for the ever-increasing cost of a caregiver.



Government programs cover less than 50% of the cost for the care required.

For a severely impaired quadriplegic, round-the-clock care at \$16.95 per hour costs over \$12,000 per month. After the government programs' contribution, there remains an estimated monthly shortfall of \$2,300. This means that a person with quadriplegia has to come up with \$27,600 out-of-pocket annually just to fund their caregiver. But the search for funds is only a part of the problem. The other major challenge is finding reliable caregivers for the relatively low wage allotted that are willing and able to work through the Department of Social Services. Too often, unsuitable people are hired out of desperation and turnover rates are high.

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InSpirit's goal: provide hope by making life a little easier for people with quadriplegia

InSpirit provides ongoing financial support to persons with insufficient resources for homecare so they can obtain stable, competent personal attendant care. The assistance we provide is primarily used to supplement the meager caregiver funds provided by the government. We are unique in that a large majority of the funds raised go directly to our recipients. But our support extends far beyond financial aid. Other critical services and support include:

- **Urgent Needs Projects:** When a recipient needs equipment such as a wheelchair or ramp, we step in and help via InSpirit's Urgent Needs Fund.
- **Peer Support:** We provide up-to-date information on how to access all the benefits people with quadriplegia are entitled to. Also provided: resources related to research, physical therapy, caregivers, transportation & independent living facilities.
- **Legislative Advocacy:** InSpirit meets with legislators to inform them of our recipients' ongoing, perilous financial positions and push for changes in the government's program restrictions involving such critical factors as earnings allowed, value of personal assets and caregiver wage reimbursement.



How you can help

InSpirit is a federally approved 501(c)(3) nonprofit public charity. It is the outgrowth of the very personal struggle of Aniece Taylor, who became a quadriplegic when her Marin County home was destroyed by a mudslide in 1982. InSpirit is now governed by a ten-member Board of Directors.

Your support can make the difference between someone having their life cut short in assisted living or being able to stay in their home surrounded by loved ones and their community. It can transform someone's life from merely surviving to thriving.

There are two ways to give:

- 1) via our website at inspiritmarin.org/donate
- 2) mail your check to InSpirit P.O. Box 383 Woodacre, CA 94973

Last, but not least, thank you for taking the time to read this. To learn more about InSpirit and its mission, please visit our website at inspiritmarin.org.



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