



# Paralysis Resource Center State Pilot Program – Year One: Pennsylvania Paralysis Resource Center

## Program Overview

The Pennsylvania Paralysis Resource Center (PRC), created and maintained by the University of Pittsburgh, aims to increase access to or delivery of services and supports for individuals with paralysis; examine the impact of programs on quality of life, satisfaction, and community integration; and build capacity and collaborations among partner organizations within the state.

The PRC allows for a broad range of services offered through its subawardees in order to meet its goals. However, subawardees must develop projects that increase the number and variety of services available to individuals with paralysis, and ensure that the delivery of their services impacts key social determinants of health.

In Year One of this project, the Pennsylvania PRC awarded grants to six subawardees: Fighting Back Scholarship Program, Inc.; Inglis Foundation; IM ABLE Foundation; Pennsylvania Center for Adapted Sports; Center for Independent Living; and the HOPE Network. Subawardee projects include the purchase of adaptive sports equipment, the provision of an adaptive sports and recreation program, funding of scholarships for one-to-one fitness training, and use of a mobile digital engagement technology application to provide community support services.

## Administrative Structure

The PRC convenes staff across the University of Pittsburgh and Magee Rehabilitation Hospital to staff this project, including five key personnel:

- *Project Director*, who holds overall responsibility for the project, including oversight of overall project design, the knowledge translation activities, data collection and analysis, and production of resources, materials, and other deliverables.
- *Three Co-Investigators*, who assist in the overall operation of the project, including developing a network with community-based organizations, data analysis, and dissemination of information about the PRC's work.
- *Research Assistant*, who coordinates Center activities, data collection, and assists with data analysis.

The Pennsylvania PRC also convened a diverse 12-member advisory board, comprised of individuals with paralysis, individuals representing various support networks and organizations, researchers, and clinicians. The Advisory Board will help troubleshoot issues and connect organizations with resources or partnerships to help overcome barriers. Additionally, each key personnel, advisory board member, and representatives from supporting organizations help recruit at least five potential applicants each year.

## Technical Assistance Offered

- Following initial funding, subawardees attended calls with the Project Director (or a designee) to review program startup and ongoing activities, mitigate barriers to data collection, report progress, and review invoices for appropriateness. Awardees also participated in a group call to discuss innovative ideas and troubleshoot common barriers to programming.
- Beyond the one year of funding, subawardees will receive ongoing technical assistance to help promote sustainability of their programs.



## Outcomes

In Year One, the Pennsylvania PRC received 30 applications and awarded grants to six organizations. In the first quarter, most subawardees reported attendance in their offered activities that either met or exceeded their goals.

Additional outcome data is forthcoming.

