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MEDIA ADVISORY

REHAB RELIEF FOR PEOPLE WITH SPINAL CORD INJURY IN REGIONAL NSW

icare foundation funds SCIA's NEUROMOVES LISMORE PROGRAM

Up to 50% of people with spinal cord injuries in NSW live in regional areas. However, the tyranny of distance and social disadvantage can significantly restrict their access to world-class rehabilitation equipment and specialised fitness centres once they leave hospital.

Their options for physical support programs are limited – meaning they need to travel long distances to the nearest capital city rehabilitation centre, or miss out on the added mobility, independence and social value this kind of physical training can bring.

The icare Foundation has joined forces with leading spinal cord injury support organisation [Spinal Cord Injury Australia \(SCIA\)](#) to tackle the issue of fair and equitable access to leading specialised fitness services for regional NSW, funding the start-up costs of the first regional Neuromoves centre in Lismore.

Neuromoves Lismore is the first specialised service of its type in regional Australia, offering modified equipment and specially designed exercise programs for people recovering from a spinal cord injury with ongoing neurological conditions or physical injuries.

Evidence from SCIA participants has shown that improving strength and mobility through tailored exercise programs can lead to greater independence - preventing further or deteriorating injury and also reduce social isolation.

Lismore was chosen as a recipient of icare's seed funding in response to the high demand SCIA saw for specialist spinal and neurological rehab and exercise services in the area, and the number of icare Lifetime Care participants and SCIA members in the North Coast region.

The insights gathered on what drives participation rates and recovery outcomes for people living with a spinal cord injury in regional areas will inform future investment by the icare foundation, and deliver deeper knowledge on what really works for this population.

There are around 12,000 people living in Australia with a spinal cord injury, with 300-400 new cases each year.

icare Foundation General Manager, Amanda Keogh said:

"Before the launch of Neuromoves Lismore, there were no suitable gyms for locals with a spinal cord injury in Lismore. They would have had to travel up to two hours away or miss out on the kind of specialised fitness services it provides.

"The icare Foundation's investment in the Lismore Neuromoves centre will ensure that people of the Northern Rivers region living with spinal cord injury have access to the same innovative post-injury treatment as those in metropolitan NSW.

"SCIA's Neuromoves program offers tailored exercise programs, specialist equipment and expert care, which means more people living with spinal injury in regional NSW can return to a more independent, mobile & fulfilling life."

What is the icare Foundation:

The icare Foundation is a social venture focused on injury prevention and improving the physical and mental wellbeing of people injured at work or on the road. The Foundation's aim is to partner and connect a diverse range of support organisations with the people who need them - injured workers and road users, their families, carers and employers.

For more information, watch this [video](#) on the launch of the icare Foundation.

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About icare

icare (Insurance & Care NSW) is the insurance and care services provider for New South Wales. We insure 3.4 million workers, motorists and builders and 284,000 employers. For more information, visit: www.icare.nsw.gov.au