*The Toral Family Foundation and the Florida Brain & Spinal Cord Injury Program are Sponsoring an*

# Essay Contest

**FOR SPINAL CORD INJURY SURVIVORS AND CAREGIVERS (Family or Friend)**

## THREE 1ST PLACE PRIZES OF $250 EACH

▪ Survivor (0-3 Years Post Injury) ▪ Survivor (3+ Years Post Injury) ▪ Caregiver (Family or Friend)

## THREE 2ND PLACE PRIZES OF $150 EACH

▪ Survivor (0-3 Years Post Injury) ▪ Survivor (3+ Years Post Injury) ▪ Caregiver (Family or Friend)

## THREE 3RD PLACE PRIZES OF $100 EACH

▪ Survivor (0-3 Years Post Injury) ▪ Survivor (3+ Years Post Injury) ▪ Caregiver (Family or Friend)

## Categories & Questions (Pick One Bullet to Write About)

### Survivor (0-3 Years Post Injury)

- When you were first injured, what thoughts were going through your mind? What were you most afraid of? How have/are you working through that process?
- What is the most encouraging thing or experience you have had since your spinal cord injury?

### Survivor (3+ Years Post Injury)

- Learning to live successfully with a spinal cord injury is a challenge. Describe the steps you have taken to help you live more successfully.
- Discuss an obstacle that you have overcome since your injury and how it has influenced you today?

### Caregiver (Family or Friend)

- Often a family member or friend must become the caregiver for someone who is newly injured. What advice would you offer to someone who will be taking on this responsibility?
- Identify some of the challenges you have encountered when trying to access Community/State/Federal SCI resources for your loved one. How did you overcome these challenges?

## Rules/Eligibility Criteria

- Participants must currently reside in Florida.
- Essays should total no more than 500 words.

**Submission**: Online at www.toralfamilyfoundation.org.

**Deadline Date**: October 28, 2012

**Winning Essays** will be announced during SCI Awareness Week (November 12-18, 2012)

Toral Family FOUNDATION

FSCIRC FLORIDA SPINAL CORD INJURY RESOURCE CENTER

FLORIDA DEPARTMENT OF HEALTH

Brain & Spinal Cord Injury Program