



## My Care My Call A RESEARCH STUDY TO IMPROVE HEALTH AND FUNCTION AFTER SPINAL CORD INJURY

### Am I eligible to participate?

- You may be able to take part if...
- You are an English-speaking adult who has a traumatic SCI
- Your spinal cord injury occurred over 1 year ago
- You will have access to a telephone for the next 6 months

### What is the study? How does the study work?

- My Care My Call, a phone-based intervention, aims to improve the health and function of people with SCI, and reduce the proportion of people with SCI who report delays in receiving primary care due to specific barriers.
- You will not need to travel to take part in this study; you may stay in your home.
- If you choose to take part and are eligible for the study, you will be randomly assigned to either Group 1 or 2. Both groups will receive a community resource book. Only Group 2 will receive weekly to biweekly phone calls from the My Care My Call Peer Health Coach.
- You will receive \$100 for your participation for completion of the study.

**THANK YOU FOR YOUR HELP AND COOPERATION!**  
If you have any questions, please contact Diana Pernigotti at  
[Dpernigotti@gaylord.org](mailto:Dpernigotti@gaylord.org)  
or by telephone at 203-679-3563 (x3563 inside Gaylord)

You are welcome to share this flyer with others who might be eligible and interested to learn more about this study. My Care My Call is run by Alan Jette, MD, at the New England Regional Spinal Cord Injury Center in Boston, MA. The study is funded by NIDRR H133N120002. This study is voluntary and will not affect any medical care you now receive.