

You can help us breathe easier.

When I was 19, I sustained a life-changing injury in a fall that left me with spinal cord damage. In an instant, I was no longer able to walk, my spinal cord injury caused me to lose control over my muscles and nerves that help me breathe.

I found something I had always taken for granted, no longer came as easily as it once did. I now need to be more aware of how much energy I use – sometimes I find myself gasping for air just to take a simple breath.

Spinal Life Australia are supporting a new research initiative that looks to reverse the damage to respiratory muscles caused by spinal cord injury through vocal training. The research aims to help patients with spinal injury strengthen the muscles that help them breathe and prevent potentially life-threatening illnesses such as pneumonia. Sadly, breathing and respiratory problems are still the highest cause of fatalities associated with spinal injury.

I'm passionate about supporting research to improve something that most of us take for granted. While breathing comes naturally to most of us, the simple act of breathing can be a constant and daily struggle for myself and others with a spinal cord injury.

This project is one of many innovative research programs supported by Spinal Life Australia, but they need your help.

By donating to the Christmas Appeal, you'll help shape the future of innovative research projects that are designed to improve rehabilitation and quality of life for over 3,000 Queenslanders with spinal cord damage.

I am 23 now and have returned to university study since my injury. I still have a lot to do in my life and like you, I want to live life to the fullest. With your help, people like me can breathe a little easier. Please give your generous donation today.

Thank you

Reigne Dadey
Spinal Life Australia member and client



Over 3,000 Queenslanders
have spinal cord damage.
Your donation will support
research aimed at improving
quality of life.