

# TRIUMPH FOUNDATION

*Helping people triumph over paralysis*

WWW.TRIUMPH-FOUNDATION.ORG

Triumph Foundation is a 501(c)(3) non-profit organization whose mission is to help children, adults, and Veterans with Spinal Cord Injury to triumph over their disability and to inspire them to keep moving forward with their lives by pushing themselves to get better every day.

Triumph works to minimize the obstacles that are faced after a paralyzing injury. We specialize in galvanizing, rebuilding, and restoring lives after Spinal Cord Injury (SCI).

With a servant's heart, we assist the SCI community by:

- Giving resources to newly injured people through our Care Basket, Resource Guidebook, and Wristband Flash Drive
- Assisting people with financial hardship to get necessary equipment, supplies, and services through our Keep Moving Forward Grant
- Helping people with home modifications for wheelchair accessibility
- Expanding Adaptive Sports, Fitness and Recreation activities
- Repurposing used durable medical goods by donating it to people who are in need through our Equipment & Supply Exchange
- Founding and leading SCI Support Groups all over Southern California
- Providing peer counseling, mentorship and advocacy
- Public speaking to motivate, inspire, and raise awareness

Spinal Cord Injuries not only affect the person who gets hurt; they impact families, friends, loved ones, and the entire community.

After suffering SCI, people find themselves lost in a world they never dreamed they would be a part of. Although it is easy for someone to feel isolated after suffering such a traumatic injury, they are not alone. We have created a network of people who have triumphed over their SCI to get candid advice from. We provide assistance, encouragement, and straight talk from others who have faced similar circumstances and have overcome similar struggles.

The challenges of paralysis are not only physical; they are also mental and emotional. A lack of understanding often leads to feelings of fear, hopelessness, and despair. These are normal responses to the unknown. Triumph helps people persevere by making the unknown known.

A Spinal Cord Injury is a detour in life, not a roadblock.

Triumph Foundation helps people reintegrate back into the community after injury. Our motto 'Getting Better Every Day' is universal. Everyone should aim to improve, to be better tomorrow than you are today, and to live life to their fullest ability.

For more information, please visit our website [www.Triumph-Foundation.org](http://www.Triumph-Foundation.org)