



TRIUMPH

FOUNDATION



"GETTING BETTER EVERY DAY"

FROM THE FOUNDER

After my spinal cord injury in 2004 from a snowboarding accident, I felt hopeless lying in my hospital bed wondering what kind of life I could lead as a quadriplegic. Thankfully I was surrounded by a loving family and a circle of devoted friends. Most importantly, I was introduced to inspirational mentors who had learned to lead fulfilling lives in spite of their own disabilities. From those experiences, I felt the desire to help others who lacked a support system.

Since the founding of Triumph Foundation in 2008, the organization has touched the lives of over 5,000 individuals with disabilities and their families; given over \$500,000 in assistance to people with inadequate medical insurance and financial hardship; and built a network of volunteer ambassadors serving 18 area hospitals and rehabilitation centers throughout the Los Angeles, Orange, Ventura, Santa Barbara, San Bernardino, Riverside, Kern, and San Diego counties.

I invite you to learn more and join us in our mission to improve the daily lives of those members of our community who struggle to overcome their disabilities every day.



- Andrew Skinner
Founder, Executive Director

OUR MISSION & VALUES

ADAPTATION • INCLUSIVITY • ACCEPTANCE

Founded in 2008, Triumph Foundation is a 501(c)(3) non-profit organization whose mission is to help children, adults, and Veterans with spinal cord injury/disorder to triumph over the obstacles that one faces after becoming paralyzed.



Triumph Foundation provides resources, hope and security to people living with paralysis – both initially and as a lifelong support network. Additionally, we hold events that are a captivating force within the entire community. We are the go-to organization for people living with mobility impairments in Southern California.



“When my son Justin became a paraplegic following a dirt bike accident, our lives changed overnight. Through the Foundation’s mentorship, our family has been able to adjust to life after injury. It was a huge blessing to get referrals for therapy, doctors and supplies. They were always available to hear our concerns, answer questions, and to give advice. As a mother, I am so grateful that there was an organization like Triumph to help my son become a man and give him a future to look forward to.”

- Jamie Covarrubias

PARALYSIS IN THE UNITED STATES

DIMINISHING RESOURCES AND INCREASED COSTS
PLACE GREAT STRESS ON FAMILIES

According to a 2013 study conducted by the **Christopher & Dana Reeve Foundation**, there are nearly 1 in 50 people living with paralysis – approximately 5.4 million people. The leading cause of paralysis was stroke (33.7 percent), followed by spinal cord injury (27.3 percent) and multiple sclerosis (18.6 percent).

People living with paralysis have households with lower incomes. Roughly 28% of households with a person who is paralyzed make less than \$15,000 per year. On the employment front, 15.5% of individuals living with paralysis are employed versus 63.1% who are not living with a disability. Additionally, 41.8% of those living with paralysis indicated they were unable to work.

As the number of people living with paralysis and spinal cord injuries increases, so do the costs associated with treating them. Each year, paralysis and spinal cord injuries cost the health care system billions of dollars. **Spinal cord injuries alone cost roughly \$40.5 billion annually -- a 317 percent increase from costs estimated in 1998 (\$9.7 billion).**



“As an occupational therapist, I work with individuals to help them adjust to life after a paralyzing injury. However, they often need support that goes beyond a therapists’ capability. I’m so thankful for Triumph Foundation, they reinforce my treatment plan, provide services that transcend therapy, and offer a continuum of care that is a lifelong support network.”

*Maneshka Perera
Occupational Therapist
California Rehabilitation Institute*

PROGRAM OVERVIEW

HIGH-IMPACT PROGRAMS ENGAGE INDIVIDUALS
IN ALL PHASES OF RECOVERY

Triumph Foundation's programs assist a person from the beginning of their injury with our Care Basket Outreach; down the road to recovery getting the necessary goods and services to achieve independence through our Keep Moving Forward Grant and Exchange program; and then assist a person to reemerge into the community by helping them emotionally through our Support Groups and restore a sense of life and adventure through our Adaptive Recreation activities. We have become a force in the community that is a critical resource to people living with paralysis.

NEWLY INJURED SUPPORT



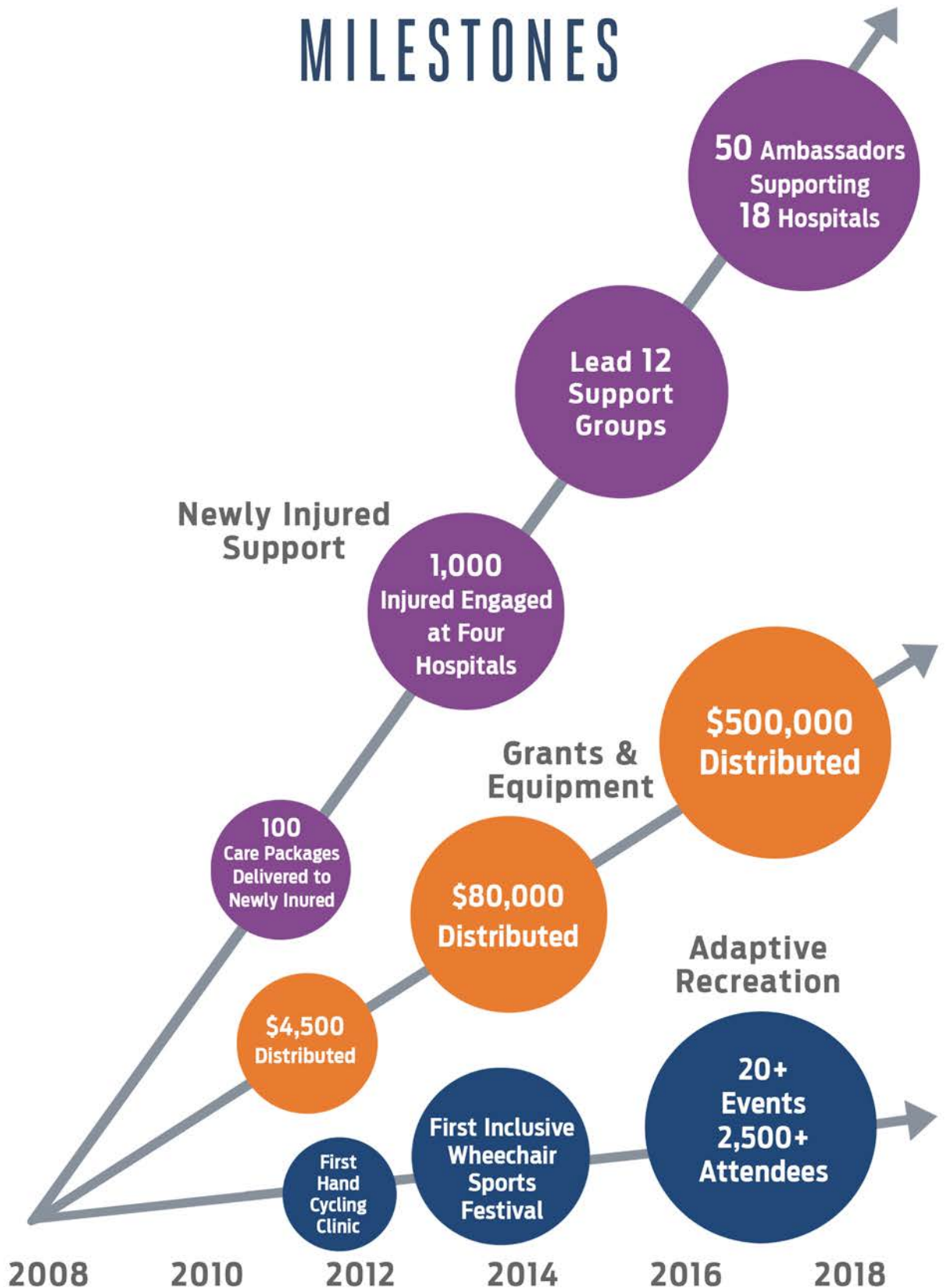
GRANTS & EQUIPMENT



ADAPTIVE RECREATION



MILESTONES





NEWLY INJURED SUPPORT

DIRECT ENGAGEMENT OF INJURED AND THEIR FAMILIES IN HOSPITALS ACROSS SOUTHERN CALIFORNIA

"Triumph Ambassadors" are the heroes of the **Newly Injured Support Program**. They are individuals who have suffered an injury or disorder themselves and understand the challenges new patients face. They are trained in post-trauma and patient counseling and are passionate about helping others triumph over their disability. Ambassadors are the first responders, making bedside hospital visits to provide mentorship and resources that help people adjust to life with a mobility impairment.

Triumph Ambassadors use "Care Packs" in the form of baskets or backpacks to open doors to relationships with newly injured patients. Packages include Triumph's Resource Guide, educational materials, gift items, toiletries, edible goodies, and a Wristband Flash drive that offers the same resources electronically. Between 200 and 300 Care Packages will be delivered this year.



MEET OUR AMBASSADOR, RUSSEL

"When I suffered a high level spinal cord injury from a diving accident, I became a ventilator-dependent quadriplegic. I was depressed, angry, and anti-social. Triumph's Ambassadors came to my house to give me a Resource Care Basket. They gave me hope, showed me life wasn't over, and inspired me to get up and live life to its fullest. Ever since then I've been unstoppable, doing things I never thought that I could do. I can't thank Triumph Foundation enough for what they have done for me. Now, I am proud to be helping others as a Triumph Ambassador."

- Russel Burke



GRANTS & EQUIPMENT

PROVIDING VITAL RESOURCES AND ENABLING
INDIVIDUALS TO REBUILD THEIR LIVES AND LIVELIHOODS

The Keep Moving Forward (KMF) Grant: this program helps individuals with inadequate insurance and financial hardship make necessary home modifications, gain access to adaptive equipment, and reintegrate into the community. The Foundation has supplied tangible resources including ramps, wheelchairs, vehicle modifications, assistive technology, and other equipment to dramatically enhance the quality of lives.

Triumph's Employment Achievement Award: every quarter, Triumph Foundation assists a local member of the SCI community with a monetary award to support vocational pursuits, rejoin the workforce, enhance skills, or launch an entrepreneurial venture.

Equipment Exchange: Triumph Foundation facilitates a repurposing program that helps people find a new home for specialized equipment they no longer need and would like to donate. These items include medical supplies, wheelchairs, specialized equipment (such as lifts and ramps), therapeutic equipment and vehicles.



AWARD RECIPIENT, AUSTIN

“Live music has always been a big part of my life. In 2007, it helped get me through my spinal cord injury. Several years later, I had an idea to start a business that would help people with disabilities enjoy live entertainment events. I had been to many music events around the country and felt that accessibility services were incredibly overlooked.

I applied for Triumph Foundation’s Employment Achievement Award. With those funds I was able to start Accessible Festivals.

Today, we help disabled guests at conventions, corporate events, and some of the largest music festivals in the country, such as Coachella. In 2017, we supported 45 events across 15 states, with over 100 staff members, helping more than 10,000 disabled guests.

I am very grateful to be able to do this work; it is a dream come true. And it never would have been possible without Triumph.”

- Austin Whitney



ADAPTIVE RECREATION

PHYSICAL WELLNESS AND SELF ESTEEM ARE AMONG THE ONGOING CHALLENGES FOR INDIVIDUALS WITH DISABILITIES.

Triumph Foundation's Adaptive Recreation Program draws thousands of participants each year, giving people with disabilities an opportunity to push the limits of abilities and enhance their quality of life. Our mission is to provide adaptive sports, fitness, recreation, and outdoor adventure events to people living in the Southern California community.

A recognized Paralympic Sport Club with the United States Olympic Committee, Triumph provides a variety of adaptive sports and recreation activities. The Foundation provides financial support for local athletic teams, hosts wheelchair sports clinics and hosts monthly activities. Our events draw thousands of participants - including the able-bodied, making our programs truly unique and inclusive.

Triumph Adaptive Recreation Events:

- Wheelchair Sports Festival
- Over the Line Baseball Tournament
- Superheroes Triumph! 5K Race
- Horse & Carriage Driving
- Monthly Hand Cycling Clinics
- Adaptive Shooting
- VA Adapted Sports Expo
- Weekly Team Practice

"Triumph Foundation has been an essential community partner with the VA Long Beach for many educational, instructional, and competitive events. The knowledge and expertise of the team from Triumph has had far reaching impact on our Veterans. From motivational speaking engagements, adaptive sports events, and VA personnel trainings, Triumph Foundation has been a model community partner."

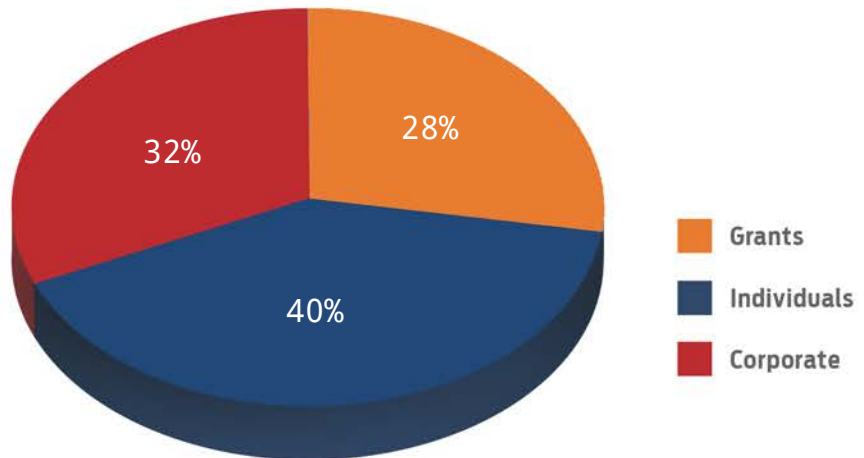


*Colin Lenington, OTD, OTR/L
Doctor of Occupational Therapy
VA Long Beach Healthcare System*



OUR FUNDING

TRIUMPH FOUNDATION IS FORTUNATE TO RECEIVE BROAD SUPPORT FROM REGIONAL AND NATIONAL ORGANIZATIONS



Generous support from corporate sponsors, including:

JOHN PAUL MITCHELL SYSTEMS.

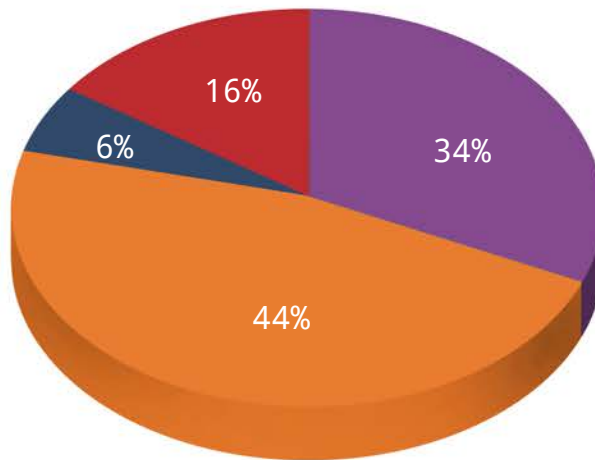


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OUR EXPENSES

TRIUMPH FOUNDATION IS A HIGH-IMPACT CHARITY, DEPLOYING 84 PERCENT OF OUR RESOURCES TO PROGRAMMING, INCLUDING:



Newly Injured Support

In-Hospital Support
SCI Support Groups
Care Packages

Grants & Equipment

Keep Moving Forward Grants
Equipment & Supply Exchange
Employment Achievement Award

Adaptive Recreation

Wheelchair Sports
Outdoor Adventures

HOSPITAL PARTNERS



ADAPTIVE RECREATION PARTNERS



United
States
Adaptive
Recreation
Center



GRANT SUPPORT FROM:



The George and Alice
Atkinson
Foundation



**Boston
Scientific**



JOIN US

PLEASE HELP TRIUMPH FOUNDATION CONTINUE ITS WORK MAKING AN IMPACT IN THE DAILY LIVES OF PEOPLE WITH DISABILITIES AND THEIR FAMILIES



SUPPORT

Your donations help children, adults and Veterans to triumph over their disabilities.

ENGAGE

Distribute your message through Triumph Foundation events and publications, including our Resource Handbook delivered through hospitals and rehabilitation centers across Southern California.

PARTICIPATE

Triumph Foundation hosts events throughout the year, providing opportunities to volunteer and participate.

For more information, please visit: **Triumph-Foundation.org**

Contact us at:

Info@Triumph-Foundation.org

Spinal Cord Injury V1

