



STORY COLLECTION INFORMATION

What is Humans of Physiatry? How can I be involved and share my story?

Instagram: @humansofphysiatry

MISSION

We seek to provide a platform for people with disabilities and those undergoing rehabilitation to spread their powerful stories and new life perspectives. Through sharing these stories, our goal is to destigmatize and change preconceived notions revolving around disability.

We accept stories from any person who has been exposed to or undergone rehabilitation, whether as a patient or observer through one of the vast disciplines within the field. The more stories we can share, the more we can help increase understanding of what people value or struggle with during their recovery.

WHAT DO I NEED TO DO?

You have likely either been approached by a Humans of Physiatry liaison or found this initiative through our social media. You will be provided with a consent form to fill out. This consent form will allow us to share your story with the greater rehabilitation community for educational, promotional and outreach purposes.

Following story collection, your story would be shared on our website and social media (ex. Instagram). We will keep in contact about when and where to expect posts if desired.

WHAT SHOULD I SAY?

Tell your true story!

There is no right way to share your story. We accept audio, video and/or written stories. We would love to hear what you are comfortable sharing. These questions may help guide your story telling process:

How did it all start? How has your life changed? What help may you have gotten along the way? How have you progressed since the first steps? What have you learned along the way?

How can we help train better providers?

Our goal is to increase awareness of what resources or what factors could be most beneficial to people like you. Try and think about what you struggled with during recovery.

What things do you think went well and helped you progress during recovery? What are things you wish your providers were aware of that could have helped you?



STILL HAVE MORE QUESTIONS? WANT TO SEND A STORY?

Please feel free to reach out by messaging [@humansofphysiatry](#) or [@representationinrehab](#) on Instagram.

Please email any story collected or ask further questions directly to representationinrehab+humans@gmail.com