

# JAMES WOOD

## CHOICES



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**BEFORE MY ACCIDENT I HAD NEVER THOUGHT ABOUT HOW SOMETHING LIKE THIS AFFECTS OTHER PEOPLE...**

**TOPICS/THEMES**



**PHYSICAL HEALTH**

- Leading up to Accident
- Accident
- Hospital



**COMMUNITY**

- Rehabilitation
- Affects on others
- Getting back to Work



**MENTAL HEALTH**

- Life now
- Blame & Compensation



**FAMILY**

- Parents
- Siblings
- Girlfriend



**LEADERSHIP**

- What can you do

James was a diesel mechanic in his 20's with his whole life ahead of him, when a workplace accident caused him to break his back and damage his spinal cord! James sustained injuries so severe, that he will use a wheelchair for the rest of his life.

After three months in hospital and a further six months in rehabilitation, James started a new life facing mental, emotional and physical challenges every day.

'I had to learn to live all over again'.

Sadly, not only the victim of an accident has to recover from a workplace injury!

Family, friends, partners, kids, workmates... the list is endless.

When someone gets hurt it is not only them that suffers.

James is the first to admit that his accident was caused by the CHOICES he made, he now shares his story and asks that you think about the CHOICES you make.