



Wheeling Forward

Empowering People with Disabilities to Achieve NOW!



Our Mission

Wheeling Forward helps people with disabilities experience life to the fullest and enables them to see possibility where others see insurmountable obstacles.

We work with individuals to provide the advocacy, mentorship, and support services they need to reach their goals, no matter how big or small.

Our Cause

Wheeling Forward steps in to help recently disabled people that lack a support system and resources.

Since disability impacts each person's life differently we work to address everyone's diverse needs.

As people adapt to life with a long-term disability, Wheeling Forward helps them to achieve their goals and find meaning.

Our Story

Alex Elegudin and Yannick Benjamin met after sustaining spinal cord injuries in the same month. Alex was just 19 and Yannick was 25. Young and determined to persevere, Alex returned to school to become an attorney and Yannick went on to become a reputable sommelier.

After years of volunteering in the disability community, Alex and Yannick decided to use their experience and networks to tackle some of the most underserved areas of need.

Our Impact

In 2011, we founded Wheeling Forward with a group of committed board members and volunteers. In just a few short years, Wheeling Forward has provided people with the motivation and resources to resume active lives.

The organization has become recognized as an agile, innovative, and effective group of advocates working to drive progress in the disability community.



Stefan's Story

Stefan is a motivated, bright young man who has not let disability stand in his way. He was involved in a car accident at the age of 14 and sustained a C6 level spinal cord injury.

Wheeling Forward has helped Stefan live independently by finding him accessible housing, securing proper home care and being there for his wheelchair needs over the years. He is a regular at Urban Outings and often participates in our adaptive sporting events.

Stefan is currently studying Engineering at NYU Poly and hopes to make his passion for wheelchair mechanics into a long term career.



Samson's Story

Samson is a dynamic young man who was studying accounting in Puerto Rico when he was injured in a car accident. Unable to receive proper care, Samson's health deteriorated to critical condition and his family sent him to the United States for treatment.

Samson met Wheeling Forward during rehabilitation and was transferred to a nursing home shortly after. Wheeling Forward embraced Samson like family, giving him a proper wheelchair and involving him in Urban Outings, support groups and Spinal Mobility. Samson worked with Wheeling Forward to transfer out of a nursing home into his own apartment and is motivated to become a CPA.



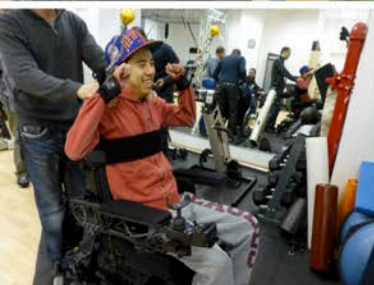
Wheelchair Giving

We restore people's freedom and mobility by giving them custom power and manual wheelchairs.

Although the average power wheelchair is valued at \$10,000 - \$20,000, Wheeling Forward refurbishes and donates an average of 50 wheelchairs a year to those in need!







Spinal Mobility

We have developed an innovative, comprehensive fitness program that trains people with spinal cord injury to integrate exercise into their daily lives.

The program takes place in a supportive and friendly environment with accessible equipment and professional clinicians. Staff develops a plan catered to the needs and abilities of each participant.

Did you know? Quadriplegics can significantly strengthen their core muscles and reduce the risk of postural deformity with regular exercise.









Higher Education

We award need-based scholarships that cover tuition, assistive technology, and books to students with disabilities attending City University of New York colleges.

Since every disability is different we advocate for students within the system and secure proper accommodations that allow them to succeed.



Farzana's Story

Farzana is a motivated young woman who sustained a C5 level spinal cord injury in a car accident. However, she was not deterred from her dream of studying medicine.

Wheeling Forward helped Farzana to move out of a nursing home and introduced her a network of successful people with disabilities through Urban Outings and adaptive sporting clinics.

Farzana has gone on to get her Bachelor's and Master's degrees and is currently looking to attend medical school.



The Axis Project

The Axis Project is a multidisciplinary center in Manhattan that motivates people with physical disabilities to pursue a healthy, active lifestyle. The center is open 6 days a week and is specifically designed with equipment and programs for people with physical disabilities.

The center offers activities including fitness programming, yoga classes, computing classes, an advocacy resource desk, wheelchair repair services, and more to help members lead full, independent lives.







Adaptive Sporting

Wheeling Forward's adaptive sporting clinics get people out waterskiing, skydiving, surfing, snow skiing and scuba diving to show that they can defy the limits of their disabilities.

Adaptive sports are transformative experiences that inspire bravery and give people a new outlook on life.

With some engineering and know-how, any sport can be adapted to accommodate participants with disabilities.







Sergio's Story

Sergio has always had an insatiable love of life. He was injured while mountain biking and sustained a C3 level spinal cord injury. As a high level quadriplegic, it was hard for Sergio to imagine life outside of the nursing home where he lived for 4 years.

Wheeling Forward encouraged Sergio to transition to independent housing and helped him resume an active life in the community.

Today, Sergio pushes his limits by participating in adaptive sports and has taken up painting using a mouth-stick. He continues to inspire us and serves as a mentor for other young people.



Nursing Home Transition

We provide young people with the resources they need to transition from nursing homes to life free from institutional walls. Support groups bring people together and encourage them to pursue independent living.

There are actually thousands of young people with disabilities scattered throughout nursing homes in New York state who rarely, if ever, interact with their peers.

We are working to identify young people in the system and to support them through their transition.



Shayna's Story

Shayna's positive energy leaves a lasting impression on everyone who meets her. She has Devic's Disease which affects the nervous system and optic nerve.

When Shayna could no longer propel her manual wheelchair Wheeling Forward upgraded her to a power wheelchair.

She has become a regular at Urban Outings, adaptive sporting events, and at Spinal Mobility. Wheeling Forward is helping her to move out of a nursing home so that she can pursue an active life in the community.

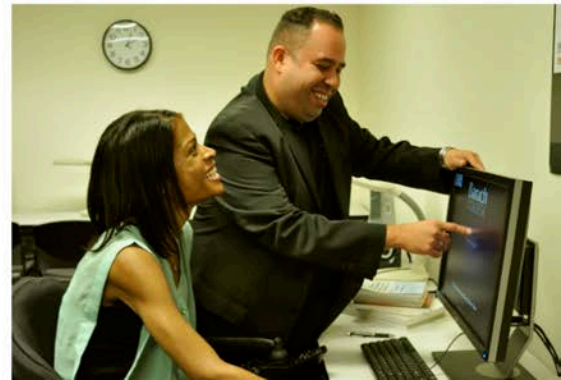


Mentorship

Mentorship is at the heart of everything we do at Wheeling Forward.

Our team brings hope to people facing incredible obstacles and sheds light on possibility when it seems lost.

We know the power of friendship and see the transformative effect of a kind word, and a personal visit alongside our advocacy and practical approach.

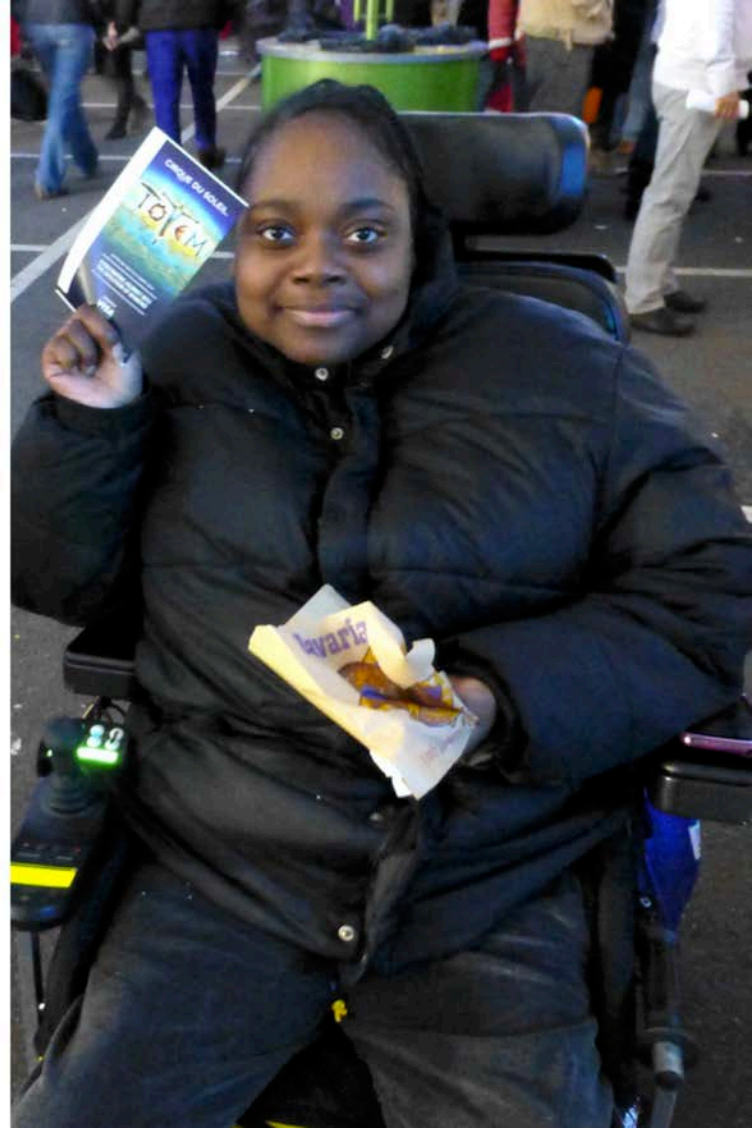


Urban Outings

Urban Outings promote active lifestyles and are social outings to cultural and athletic events that bring the disability community together.

Outings motivate recently disabled people to manage their personal care needs outside of their homes and help them gain the confidence they need to be active with a disability.

Wheeling Forward's volunteers create a safe, comfortable environment that encourages people to deal with their physical limitations while enjoying the fun and excitement of the big city.

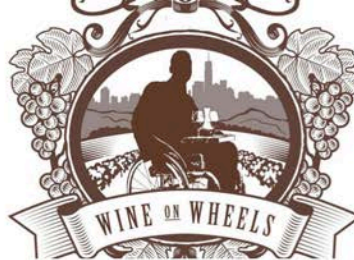


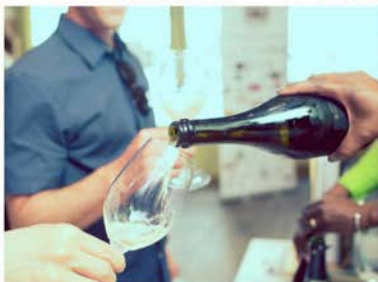


Wine on Wheels

The Wine on Wheels Grand Tasting and Silent Auction is an annual fundraiser for Wheeling Forward that features over 175 wines served by over 50 of New York City's esteemed sommeliers.

The Wheeling Forward team is so grateful for the generosity of the wine community and our supporters for making our work possible!







The 100% Pledge

100% of your donations directly fund Wheeling Forward programs and are 100% tax deductible.

Our operating expenses are covered by grants, program revenues, and private donations.

Support Wheeling Forward so that we can bring hope and resources to many more people in need.

www.wheelingforward.org



Our Team

Wheeling Forward is a team of advocates and mentors empowering people with disabilities to get back to living. We tackle some of the most underserved and challenging areas of need in the disability community with the support of our donors and volunteers.

Alex Elegudin, Co-founder and President

Yannick Benjamin, Co-founder and Director of Development

Gennadiy Ryskin, Co-founder and Treasurer

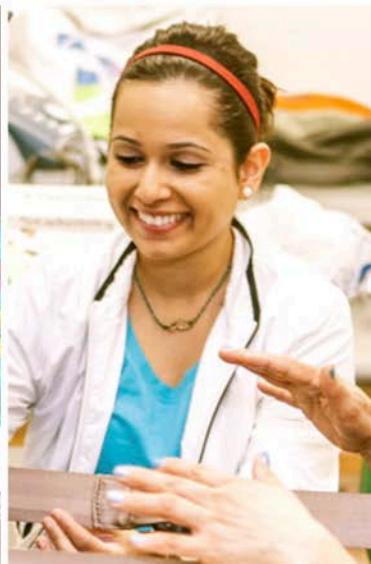
Dr. Raymond Perez, Clinical Psychologist and Board Member

Sergio Urias, Attorney and Board Member

Lawrence Harding, MSPT Physical Therapist

Maneshka Perrera, Occupational Therapist

Sharifa Abu Hamda, Administrative Coordinator



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