



Accessible Space, Inc.

HOUSING WITH CARE®

JASON APLAND

Privacy and Independence—Achieved



There was hardly a sport in which Jason Apland *didn't* excel. A natural athlete, he swam, ran track, and played baseball and basketball in high school. Football was his sport of choice all through college.

But everything changed one July night in 2011. He and a group of young adult buddies were jet skiing on Lake Elmo outside of Minneapolis/St. Paul. His jet ski flipped, shooting him like a slingshot into three feet of water.

Jason is grateful for a place of his own, and the availability of ASI's 24/7/365 Resident Assistants (RA) who make his life as independent as possible. RA Justin, pictured, is a fellow sports enthusiast.



His friends pulled his lifeless body out of the water. EMTs administered CPR, removing two liters of lake water from his collapsed lungs. On the ambulance ride to the hospital, his vital signs crashed.

He woke up 13 days later in the intensive care unit and learned that his C4 and C5 vertebrae were crushed, resulting in paralysis.

Hospitalized for almost a month, he was eventually transferred to Courage Center for rehab. He tried living at home with his mom, and then in a four-bedroom assisted living house, but the lack of privacy

got him down. He remembers shutting the door to his bedroom and staying inside all night. He told his caseworker, "I've got to have my own place." When the caseworker found an ASI apartment for him in New Brighton, MN, Jason moved in the following month.

"It felt like privacy," he says appreciatively of Thorndale Apartments. The roll-in shower is the main selling point—plus the 24-hour Resident Assistant (RA) staff. All he has to do is call or use a call button and someone comes down to help. It's a plus when the RA (Justin, for instance, pictured) shares an interest in local sports and can talk teams and scores.

Jason enjoys inviting family over, exercising his highly skilled, very high-energy service dog, Wagner, and going over to a local restaurant to catch a game and have a few beers.

He's interested in returning to college for a second degree in psychology and hopes to work with people who have spinal injuries so he can share what he's learned: "There's life after injury. Don't give up. Keep plugging away."

Until then, the name of just about any Minnesota team still perks him up—Vikings, Minnesota Lynx, Timberwolves. There are games to enjoy!



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The mission of Accessible Space, Inc. (ASI) is to provide accessible, affordable, assisted/ supportive and independent living opportunities for persons with physical disabilities and brain injuries, as well as seniors. This mission is accomplished through the development and cost-effective management of accessible, affordable housing, as well as the provision of assisted/ supportive living and rehabilitation services.