

Central East

Acquired Brain Injury Network

Spring 2020 ABI BULLETIN

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QUICK FACTS:

- **By the time the clock strikes midnight, 49 new brain injuries will be sustained by individuals in Ontario**
- **Brain injuries may result in physical, cognitive, emotional and behavioral impacts**
- **Impacts from brain injuries may be misunderstood by friends, families & employers**

www.obia.ca

“Living in the Time of COVID19”

The need to continue to stay home and stay safe is just as important today as it was on March 16th when BIAPR closed the doors to the ABI Day Services and other in-person supports because of the risks of the virus spreading in our ABI community and beyond.

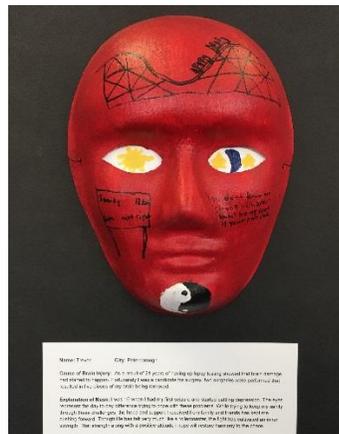
We continue to offer virtual support with calls, texts, emails and on-line programming through Zoom. This new way of delivering services and supports is growing. We have been encouraged by the increased participation of members and clients.

We ask for you and everyone to follow the Physical Distancing directives of the Ontario Public health. www.publichealthontario.ca

It is crucial that we all do our part to keep ourselves, our families and friends safe from the virus. With your help, together we will get through this difficult time.

Teryl Hoefel E.D. BIAPR & Co-chair of the Central East ABI Network

Understanding Acquired Brain Injury



Acquired brain injury (ABI) can happen to anyone and the financial, social and emotional costs are staggering. A brain injury can be traumatic as the result of a blow to head, a fall or a motor vehicle collision. It can also be non-traumatic due to illness, cardiac arrest or near drowning. ABI is referred to as the hidden disability because long term problems are often in the areas of thinking and behaviour and are not easy to see and recognize as physical disabilities.

ABI can affect every aspect of life, result in loss of employment, increased isolation, physical, emotional and behavioral changes.

This impact can be devastating not only to the person with ABI, but to family, caregivers, & friends. No one ABI is the same and the need for support will differ for every person. Contact dprescott@biapr.ca for info.



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Peterborough Region



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Potential Impacts:

- **Mobility:** paralysis, balance, fine motor skills, swallowing, articulation, seizures, sleep disturbance, fatigue, chronic pain
- **Sensory/Perception:** vision loss, visual field deficits, light sensitivity, hearing loss, tinnitus, sensitivity or insensitivity to pain and temperature, changes in smell and taste perception
- **Cognitive:** attention, memory, language, visual-perceptual deficits, reduced speed of information processing, inflexibility
- **Behavioural:** absence or failure to initiate, dissociation between saying and doing, excessive, impulsive, irritable, verbal and physical aggression, reduced frustration tolerance, mood swings
- **Social/Emotional:** egocentric behaviour, loss of empathy, social inappropriateness, altered capacity to perceive and express emotion, excessive laughing or crying, depression/anxiety, altered capacity for self-awareness (lack of insight)

TIPS FOR POSITIVE COMMUNICATION

1. **Determine Suitable Location:** Reduce distractions, move to a quiet location. Some individuals may have trouble concentrating or hearing when there is other noise or organizing their thoughts.
2. **Minimize Stress:** Reduce high pressure situations as stress can affect a person's behaviour or work performance. Fatigue will impact a person's ability to effectively communicate.
3. **Ask Permission:** Offer help and assistance but do not insist. Wait for the individual to accept the offer of assistance. Avoid 'over-assisting'.
4. **Repeat Communications:** Rephrase or summarize what you say, orally or in writing. Use clear communication, offer to write it down.
5. **Do Not Rush Communication:** Be patient, flexible and supportive. Take time to understand the individual, avoid interrupting the person.
6. **Give Respect:** Treat the individual with dignity, respect and courtesy; avoid patronizing or condescending responses.
7. **Be Patient:** Listen carefully for the message that is being delivered. Individuals may repeat their stories and experiences. Be tolerant.
8. **Ask for Help:** Don't be afraid to say "I don't know" or "Let me check". Be clear about the limits of your authority or ability to respond.
9. **Be Supportive:** Patience and understanding go a long way. Clearly express expectations that will maintain healthy and safe boundaries.
10. **Stay Calm:** Remain calm, be supportive and ask how you can help the person.

Source: www.brainline.org



BRAIN INJURY SPEAKS
Dedicated Engagement Network of Sites

Are you living with a brain injury and want your voice to be heard?

Are you a family member/caregiver of someone with a brain injury?

We need your Input!

Often, decisions affecting the brain injury community in Ontario are made with little input from persons with lived experience and their family members/caregivers.

The **Ontario Brain Injury Association (OBIA)** has created an Active Engagement Network called **Brain Injury Speaks**, whose goal is to inform and respond to decisions made by the government.

We want **YOU** to have the opportunity to voice **Your Opinion** to current issues. All responses will be presented as **One Provincial Voice**.



VISIT: www.obia.ca/about-brain-injury-speaks
AND HAVE YOUR VOICE COUNT!



OBIA
ONTARIO BRAIN INJURY ASSOCIATION
ÉDUCATION • AWARENESS • SUPPORT



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Association canadienne
pour la santé mentale
La santé mentale pour tous

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Upcoming Events

- “Powerful Tools for Caregivers” Seminar
www.healthylifeworkshop.ca
- “Central East Acquired Brain Injury Network” Meeting
Peterborough – June 5
- OBIA Caregiving After Brain Injury
www.caregiverinfo.ca
- Toronto ABI Network Conference – November 12th-13th
- Brain Injury Canada National Conference
Ottawa – Spring 2021

Closing Gaps: ABI services in Central East!

The **Central East ABI Network** supporting partners:

| Agency | Service Description | Contact Info |
|---|--|--|
| Brain Injury Association of Durham Region | Advocates for the needs of people living with the effects of brain injury, community supports, Day service | (905) 723-2732 (866) 354-4464 www.biad.ca |
| Brain Injury Association of Peterborough Region | Provides a range of services, personal supports/independence training, ABI Day Services (Ptbo&CKL), CC Café - Case management/Day Service. | (705) 741-1172 (800) 854-9738 www.biapr.ca |
| HKPR Canadian Mental Health Association | Community based case management, supportive housing, Activities of Daily Living skill building, CBT/DBT modalities provided | (705) 748-6711 www.cmhahkpr.ca |
| Community Head Injury Resource Services (CHIRS) | Residential, supported independent living, day program, outreach, neurobehav intervention, addictions counselling, neuropsych assessments | (416) 240-8000 www.chirs.com |
| Community Solutions | Offers comprehensive, community integrated approach in rehabilitation and support services for individuals | (905) 349 – 2020 www.commsolltd.com |
| Cota | Case management, supportive housing, residential, day programs, justice related services and ACT team. | (416) 785-9230 www.cotainspires.ca |
| Kawartha Participation Projects | Self-directed support, complex care, and affordable housing for people with diverse needs to live independently in their home and achieve their goals. | (705) 745-4122 www.kpp.ca |
| Kawartha Therapy Services | Community-based clinicians with the skills, knowledge and equipment to optimize independence and participation in community life | (705) 874-1072 kawarthatherapy.com |
| March of Dimes Canada | Supported apartment complex, with access to attendant care, rehabilitation services and on-site staff | (416) 425-3463 www.marchofdimes.ca |
| Central East LHIN | Care Coordinators will develop a customized care plan i.e. nursing, PT/OT, SW, SLP and PSW | (800) 263-3877 www.healthcareathome.ca |
| District Stroke Network | Education and training in stroke care, provide coordinated stroke services with providers across the health care | Durham District: (905) 576-8711 HKPR District: (705) 743-2121 |
| Dr. J. Hamilton | Neuropsych for individuals who are experiencing brain injuries, strokes, seizure disorders & learning disabilities | (705) 741-2980 |

“Most of us don't have anyone to talk to who understands brain injury so very refreshing to speak with people who understand”

ABI Caregiver Education Workshop Participant

April 2019



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Virtual Supports & On-line Resources

Make a Referral to Brain Injury Association of Peterborough Region:

- **In-Person:**
158 Charlotte St. Peterborough
- **Telephone:**
1-800-854-9738
- **Email:**
biapr@nexicom.net
- **Website:** www.biapr.ca

Make a Referral to Brain Injury Association of Durham Region:

- **In-Person:**
850 King St W Oshawa
- **Telephone:**
1-866-354-4464
- **Email:**
information@biad.ca
- **Website:** www.biad.ca

Service providers offer online avenues to continue to provide programs and services to the community. The Canadian Centre for Cyber Security provides tips on how to ensure the information you are viewing is safe. <https://cyber.gc.ca/en/guidance/cyber-hygiene-covid-19>

OBIA – Ontario Brain Injury Association www.obia.ca

- *Helpline – 1-800-263-5404 support@obia.on.ca*
- *Online Support – Peer Support; Caregiver Support; Concussion Support*
- *Webinars "Practical Strategies for Achieving Success after mTBI"*

BIST – Brain Injury Society of Toronto www.bist.ca

- *Webinars – "How to Cope with Anxiety around COVID-19"*
- *They have instructions on how to download the Zoom App*

March of Dimes – After Stroke Program www.thecaregiverproject.ca

- *Offers a program geared for caregivers, the 'Caregiver Café'*

Aphasia Institute www.aphasia.ca

- *ParticipiPics is a free searchable database of pictographic images to help facilitate life's conversations around Covid19* www.participiics.ca

Brain Injury Canada www.braininjurycanada.ca

- *lists resources and comprehensive list of ways to alleviate boredom*

Love Your Brain www.loveyourbrain.com

- *Offers videos for at home yoga and meditation*

Big White Wall www.bigwhitewall.com

- *Online Peer to Peer Support - requires registration – moderated 24/7*

ConnexOntario 1-866-531-2600 www.ConnexOntario.ca

- *Provides resources for those with Addictions, Mental Health or Gambling*

Mind Your Mood www.mindyourmood.ca

- *Resources to help you manage your mental health through their website*

And Then It Hit Me www.andthenithitme.podbean.com

- *Provides podcasts that focus on survivors of trauma*

The Happy Broadcast www.thehappybroadcast.com

- *If you're looking for a full supply of nothing but good news tune into!*

SYSTEM NAVIGATION... Where to GO ... Where to START...



The Provincial 'System Navigators' support integrated service care and facilitates the coordination, education and advocacy of ABI support.

"I encourage those living with ABI, caregivers, family members and professionals to make use of every opportunity that is available and works for them. These agencies will provide support, programs and services, education and case management to help you find what you need."

Call when you suspect or have flagged an individual with an ABI, when you are struggling with managing an individual with a diagnosed ABI, when you require assistance with transitional planning into the community or when you require education or training on ABI management.

Debra Prescott, Central East Acquired Brain Injury System Navigator

Email: dprescott@biapr.ca Phone: 705-741-1172 or 1-800-854-973



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