

Central East

Acquired Brain Injury Network

Fall 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" Continued!

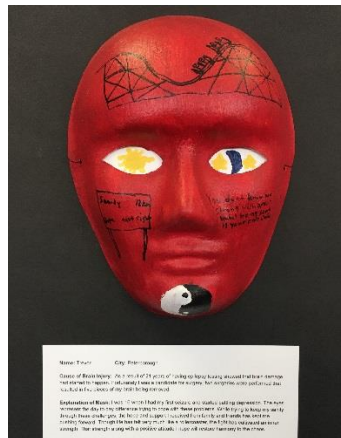
We are experiencing 'COVID19' fatigue, however, it is still really important to continue to stay home and stay safe because of the risks of the virus spreading in our ABI community and beyond.

Let us give a big shout out to the Agencies that have continued to deliver programs, services and support to those living with ABI. They maintained contact with clients, families, caregivers, and other community support providers through telephone calls, texts, emails and on-line programming through Zoom and other platforms. This new way of delivering services and supports has had its benefits and challenges, ultimately the learnings and growth will remain part of the service delivery model for funding. We have gained new understanding of the importance of having a telephone and access to the internet. It is a necessity for living in the community, accessing government services and it requires funding to achieve this.

Stay safe as you head back to your programs, back to work and back to school. Wishing you all the best!

Debra Prescott, Central East ABI System Navigator

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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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)

COVID-19 Impact Survey: Brain Injury Speaks

The goal of 'Brain Injury Speaks' is to empower those who are living with brain injury to share their experiences and inform the future direction of brain injury care in Ontario.

In June 2020, members of the 'Brain Injury Speaks' Stakeholder Engagement Network were asked about the impact of COVID-19 social distancing measures on their brain injury support and services.

210 Survey Respondents reported that during COVID-19 social distancing measures ...

- 11% of survivors relied on family members or caregiver to provide healthcare support instead of seeking formal healthcare services.
- 16% of survivors relied on their family member or caregiver to take on the role of a personal support worker, community support worker, or rehab therapist because they have been unable to access those supports.
- 14% of survivors were unsure what healthcare support was available to them.
- Up to 37% of survivors were unsure what community supports were available to them (e.g. support groups, day programs, etc.)
- Survivors reported that their mental health and social health were most impacted during COVID-19 social distancing measures
- Survey results showed that support from family, friends, and social/support groups was most helpful to survivors during social distancing, followed by yoga, exercise, walks and mindfulness meditation

Source: www.onf.org/impact/brain-injury-speaks-2



NEW! OBIA's Brain Injury Impact Study

OBIA has launched their new study to bring awareness about the needs and long-term outcomes of those living with a brain injury/concussion and their family members/caregivers.

How to Access the Study:

Individuals aged 18+ can complete the questionnaire online by following the links below.

Individuals with a brain injury/concussion:

<https://obiastudy.questionpro.ca>

Family members/caregivers:

<https://obiacaregiverstudy.questionpro.ca>

Questions?

Contact Solene Abdulla at sabdulla@obia.on.ca or at 905-641-8877 ext. 247 if you have any questions/concerns or if you would like to have a paper copy mailed to you.



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Upcoming Events

- “Powerful Tools for Caregivers” Seminar
www.healthylifeworkshop.ca
- “Central East Acquired Brain Injury Network” Meeting
Peterborough – Sept 18
- OBIA Caregiving After Brain Injury www.caregiverinfo.ca
- Toronto ABI Network Conference – virtual
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 programs and services to the community.

Hamilton Health Sciences – Back to School

- www.hamiltonhealthsciences.ca/back-to-school/mask-tips
- www.hamiltonhealthsciences.ca/back-to-school/covid-risk-to-children

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

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

Brain Injury Association of Durham Region

- Offers virtual programming www.biad.ca

Aphasia Institute www.aphasia.ca

- ParticiPics is a free searchable database of pictographic images to help facilitate life's conversations around Covid19 www.participics.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

CAMH- Mental Health and COVID-19 – Quarantine and Isolation

- www.camh.ca/en/health-info/mental-health-and-covid-19/quarantine-and-isolation

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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