

**FALL  
2021**



# **IMPACT**



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**The Healthy Brain & Well-being symposium**

**Check out our NEW interactive service directory**

**Sign our open letter shining a light on brain injury**

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# COVID-19 VACCINE INFORMATION

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The COVID-19 pandemic started in Canada in March 2020, and since then there have been many safety measures put in place to protect people as much as possible. This includes a vaccination program, which is now available across Canada.

COVID-19 vaccines are one of the best ways to protect yourself and your loved ones from the disease. Vaccines are also helping services, organizations, and businesses open up to the community, making it possible for you to access the supports you need.

Vaccines that are approved for use in Canada go through an intense screening process so that the safest, most effective vaccines are provided to Canadians. These vaccines are free, and available in every province and territory. They are provided in two doses for maximum protection.

It is important to talk to your doctor and make the decision that is best for you.

If you are looking for more information about COVID-19 vaccines, check out our resources on [braininjurycanada.ca](https://www.braininjurycanada.ca). These resources include:

- [Frequently asked questions about COVID-19 vaccines](#)
- [How vaccines work](#)
- [The consequences of the COVID-19 virus](#)
- [How to book a COVID-19 vaccine](#)
- [Accessibility and the COVID-19 vaccines](#)
- [Update on safety measures](#)
- [Video interviews with Dr. Joss Reimer, head of Manitoba's vaccine task force](#)

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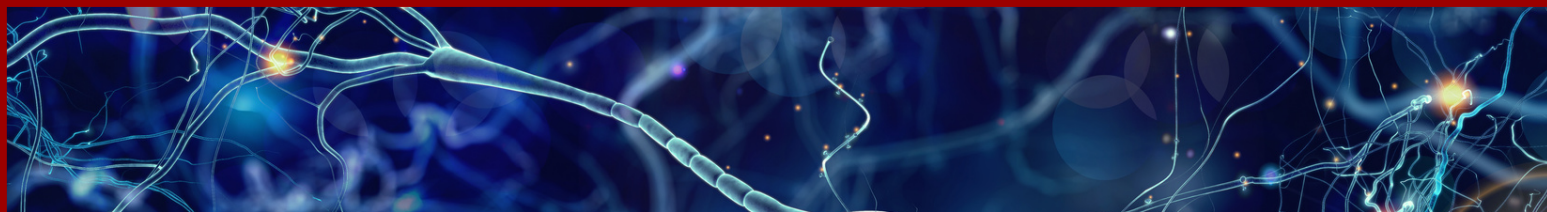
Bronze





# WATCH THE HEALTHY BRAIN & WELL-BEING SPEAKER SYMPOSIUM

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## The Healthy Brain & Well-being

Speaker Symposium



On September 16, 2021, we hosted our first speaker symposium, featuring presenters who are experts in health and/or well-being. Topics include nutrition, self-motivation and positive thinking.

We had a wonderful turnout for the event, and are happy to say that our recordings of the event are now ready.

**[Watch the recordings](#)**

Our goal is for you to leave the symposium with practical tips and knowledge about keeping your brain healthy.





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or use the QR code to watch our two-minute video.





# MEET EVAN

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## From our series *Brain Injury Across Canada*



Evan Wall was a bright 19-year-old from the small town of Shellbrook, Saskatchewan whose only concerns were football, engineering college and partying. He was a top student with every reason to look forward to a very bright future until 2016, when a severe car accident and resulting traumatic brain injury brought his carefree life to a screeching halt.

Evan still doesn't remember the late-night accident on a country highway. He was a passenger in a truck that flipped and ejected him through the windshield into a roadside ditch. Paramedics weren't hopeful about his survival as a Shock Trauma Air Rescue Service (STARS) air ambulance carried him to Saskatoon's Royal University Hospital. He spent two weeks unconscious in critical care. Along with bruised lungs and other more minor injuries, Evan sustained a diffuse axonal brain injury (DAI). The neurologists couldn't predict whether Evan would wake up or spend the remainder of his life in a vegetative state.

[Read Evan's story](#)

## Interested in Sharing Your Story?

Brain injury affects over 1.5 million Canadians. Our 'Brain Injury Across Canada' series brings comfort and connection to all our readers across the country.

If you'd like to share your story, please email  
[info@braininjurycanada.ca](mailto:info@braininjurycanada.ca).

We will send you our submission rules and help make the process  
as accessible as possible.



# BRAIN INJURY CANADA CONNECT

We launched our new interactive service directory Brain Injury Canada Connect in August 2021. This directory is designed for individuals in the brain injury community in Canada to find much-needed services and supports.

This resource will continue to grow, and new organizations and businesses will be added regularly. Our goal is to over time create a resource that is truly representative of all the geographical regions of Canada and possible areas of support.

We currently have 45+ businesses and organizations, serving most areas of Canada and representing a range of services. Visit [www.braininjurycanadacconnect.ca](http://www.braininjurycanadacconnect.ca) and use the filters on the right-hand side of the screen to start exploring.

[+ show accessibility settings](#)



[Home](#) | [How to use the directory](#) | [FAQs](#)

## Brain Injury Canada

440 Laurier Avenue West  
Suite 200  
Ottawa, ON  
K1R 7X6

### Services

- Community Supports
- Concussion & brain injury education

### Cost

- Free

### Funding Type

- Community funded



## Filters

Cost

Services

Languages Spoken

Alberta

British Columbia

Manitoba

Newfoundland & Labrador

New Brunswick

Northwest Territories

Nova Scotia

Nunavut

## ARBI (Association for the Rehabilitation of the Brain Injured)

3412 Spruce Dr. SW  
Calgary, AB  
T3C3A4  
Tel: 403-242-7116  
Fax: 403-242-7472

### Services

- Caregiver supports
- Occupational therapy
- Physiotherapy
- Psychology service
- Speech & language service

### Cost

- Fee for Service

### Funding Type

- Community funded
- Government funded



## Brain Injury Association of Fort Erie

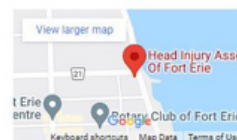
649 Niagara Blvd  
Fort Erie, ON  
L2A 3H7  
Tel: 905-871-7789  
Fax: 905-871-7832

### Services

- Case management
- Community Supports
- Family supports
- Independent living supports
- Support groups

### Cost

### Funding Type





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# SAVE THE DATE FOR OUR NEXT CONFERENCE

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In June 2021 we hosted our pandemic-delayed conference, moving it online for the first time in our history.

The conference was a resounding success! Feedback from attendees indicated that they preferred the online format due to the accessibility, affordability, and quality of the presentations.

As a result, we're excited to announce our next health care provider conference:

## **Navigating the Landscape of Brain Injury: The Brain Injury Canada Conference May 25th & 26th, 2021**

Sign up for our email newsletter and follow along on social media for updates, call for abstracts, and registration details.



Since 2015, our Helmets for Life initiative has purchased hundreds of helmets for children in our communities & helped raise awareness about concussions and their long term implications.



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# SHINING A LIGHT ON BRAIN INJURY

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## Add your signature to our open letter to Canadian policy makers

Approximately 1.5 million Canadians are living with an acquired brain injury – and that doesn't include concussions, military injuries, or unreported brain injuries. Brain injury also does not just impact the individual: it impacts families and friends. This means that **millions** of Canadians are coping with the effects of brain injury every day.

Brain injury is **30 times** more prevalent than breast cancer, **44 times** more prevalent than spinal cord injury, and **400 times** more prevalent than HIV/AIDS. Yet very few people understand how common and how underserved brain injury is in communities across the country.

This past spring, Brain Injury Canada circulated a survey through brain injury associations, social media and our partners to find out what are the top issues for those living with brain injury.

The results speak for themselves. Approximately 62% of participants identified lack of awareness about brain injury in the general population as their top issue. 58.5% of participants indicated that the need for mental health supports and the cost of care (primarily the issue of limited publicly funded coverage and inadequate or no insurance coverage) were the next two most important issues.

**"I need help – even if it doesn't look like it."**

- Anonymous survey participant

The results of this survey highlighted that we as a country are not doing a good job of educating the public about brain injury or supporting the individuals and families who are experiencing it.

# SHINING A LIGHT ON BRAIN INJURY

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It is time this community comes together as a singular voice to advocate for the needs of those living with brain injury. We need all levels of Government to come together to support the development of a brain injury strategy. This strategy would include, but is not limited to:

- Designated funding for a national awareness and education initiative on brain injury, including the prevalence; the everyday experience of those with lived experience presented in their voices; an emphasis on improving public attitudes and protecting the rights of those with brain injury to promote better understanding; and a focus on inclusion and elimination of barriers, both environmental and societal.
- Support for brain injury associations to develop and provide enhanced and integrated mental health resources specific to individuals and families living with brain injury.
- Coordinated and equitable access to individualized delivery of health and social care services across the life span.
- Empowering individuals and families to identify their health needs, participate in the planning and delivery of services and play an active role in maintaining their own health and well-being.

**"Healing happens with adequate funding and access to proper care systems."**

- Anonymous survey participant

Elected representatives at all levels need to hear these voices of brain injury and listen. With funding and access to mental health and recovery supports, more individuals with brain injury and their families will be able to return to work; avoid poverty, the criminal justice system, and homelessness; engage daily with fewer barriers; and become integral members of their community. They will no longer be left behind, ignored, or forgotten – they will be **seen, understood** and **respected**.

# SHINING A LIGHT ON BRAIN INJURY

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You can demonstrate your support by adding your signature to this open letter. Once the 44th Parliament sits later this year, we will be sending this letter, along with the list of nation-wide supporters to the Prime Minister; the Minister of Health; the Minister of Employment, Workforce Development and Disability Inclusion; and the Minister of Families, Children and Social Development. We will also provide copies for brain injury associations to send to their provincial and municipal representatives.

Join us in this call to action and help the voices of those with brain injury be heard.

**Add your signature**

## **Brain injury doesn't stop after Brain Injury Awareness Month**

Raising awareness about brain injury should happen all year – not just in June.

Help us keep shining a light on brain injury by using our profile frames on Facebook and using the hashtags **#BrainInjuryAwareness**, **#SpotlightonBrainInjury**, **#ShineaLightonBrainInjury**, and **#BrainInjuryAcrossCanada**.

Together we can support the brain injury community across the country.



# FIND YOUR BRAIN INJURY ASSOCIATION

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You can find more information about your local brain injury association at [braininjurycanada.ca/brain-injury-associations](http://braininjurycanada.ca/brain-injury-associations)

## **Alberta**

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- Southern Alberta Brain Injury Society
- Brain Care Centre

## **British Columbia**

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- British Columbia Brain Injury Association
- Braintrust Canada
- Fraser Valley Brain Injury Association
- Comox Valley Head Injury Association
- Kamloops Brain Injury Association
- Nanaimo Brain Injury Association
- North Okanagan Shuswap Brain Injury Association
- Northern Brain Injury Association of BC
- Powell River Brain Injury Association
- Prince George Brain Injured Group Society
- South Okanagan Similkameen Brain Injury Society
- West Kootenay Brain Injury Association
- Vancouver Brain Injury Association
- Victoria Brain Injury Association

## **Manitoba**

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- Manitoba Brain Injury Association

## **Newfoundland & Labrador**

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- Newfoundland & Labrador Brain Injury Association
- Neuropsychiatric Patients' Association

## **Nova Scotia**

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- Brain Injury Association of Nova Scotia

## **Ontario**

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- Ontario Brain Injury Association
- Brain Injury Association of Quinte District
- Brain Injury Association of Fort Erie
- New Beginnings - Chatham-Kent
- Brain Injury Association of Durham Region
- Hamilton Brain Injury Association
- Brain Injury Association of London and Region
- Brain Injury Association of Niagra
- Brain Injury Association of North Bay and Area
- Brain Injury Services of Northern Ontario
- Brain Injury Association of the Ottawa Valley
- Brain Injury Association of Peel Halton
- Brain Injury Association of Peterborough Region
- Brain Injury Association of Sarnia Lambton
- Brain Injury Association of Sault Ste Marie
- Seizure & Brain Injury Centre
- Brain Injury Association of Sudbury
- Brain Injury Association of Toronto
- Brain Injury Association of Waterloo/Wellington
- Brain Injury Association of Windsor Essex
- Brain Injury Association of York Region

## **Prince Edward Island**

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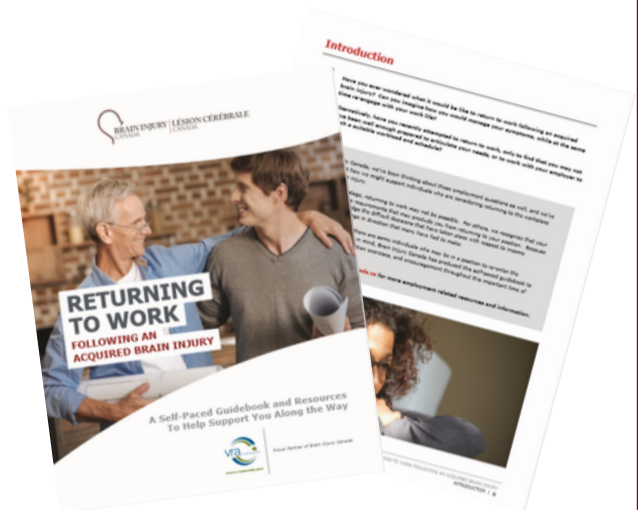
- Brain Injury Association of Prince Edward Island

# FIND YOUR BRAIN INJURY ASSOCIATION

## Quebec

- CONNEXION - Regroupement des Associations des Personnes TCC du Québec
- Association des personnes ACVA-TCC du Bas-Saint-Laurent
- Association des traumatisés crâniens de l'Abitibi-Témiscamingue
- Association des handicapés adultes Côte-Nord
- Association des accidentés cérébro-vasculaires et traumatisés crâniens de l'Estrie
- Association des TCC et ACV de la Gaspésie et des Îles-de-la-Madeleine
- Association des personnes handicapées physiques et sensorielles du secteur Joliette
- Centre d'aide personnes traumatisées crâniennes et handicapées physiques Laurentides
- Association des traumatisés cranio-cérébraux Mauricie-Centre-du-Québec
- Association des Traumatisés cranio-cérébraux de la Montérégie
- Association québécoise des traumatisés crâniens
- Association des neurotraumatisés – Outaouais
- Association des TCC des deux rives
- Association Renaissance des personnes traumatisées crâniennes du Saguenay/Lac-Saint-Jean

## Download our **Return to Work** guidebook



[Download the English version](#)

[Version français](#)

## Saskatchewan

- Saskatchewan Brain Injury Association
- Lloydminster and Area Brain Injury Society

# STAY IN TOUCH

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**Have questions or ideas?**  
**Send them to us at**  
**[info@braininjurycanada.ca](mailto:info@braininjurycanada.ca)**

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