



IMPACT

Brain Injury Canada Newsletter



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You Donate to BRITE Today

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Building a BRITE future for ABI education

Summer flew by this year for a lot of people, including us! We're looking forward to cooler temperatures, because it means we're getting closer to building (and launching) some incredible resources. Our first course, "Foundations of Brain Injury for Health Care Professionals", is coming in October 2022. We're in our second round of fundraising for BRITE (BRain Injury & TEens), an educational community platform for youth with brain injury. Not to mention we're planning our 2023 conference!

We're looking forward to sharing all these new resources with you. Happy Fall!

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Stay in touch

Do you have a question, comment, or idea you want to share? Reach out to us at info@braininjurycanada.ca.

You can also follow along and interact with us on our social media platforms



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LinkedIn
[braininjurycan](https://www.linkedin.com/company/braininjurycanada)



Instagram
[@braininjurycanada](https://www.instagram.com/braininjurycanada)



YouTube
[Brain Injury Canada](https://www.youtube.com/BrainInjuryCanada)

BRITE: BRain Injury and TEens

A resource for youth with brain injury



Brain Injury Canada is entering its second round of fundraising for BRITE (BRain Injury and TEens), an online resource for youth aged 13-18 living with brain injury.

BRITE will provide access to education and information that will answer questions; provide recommendations for physical and emotional support; connect them to peers and professionals; and present them with the tools they need to feel empowered to take their next steps. This resource will focus on the areas of mental health; education and play; relationships; and transitioning into adulthood.

When you support the BRITE resource fundraising campaign, you are supporting teens with brain injury who need access to resources and information. And if you donate today, you will double your impact. All donations will be matched dollar for dollar by our Honourary Patron Dr. Daniel C. Andreae to a maximum of \$15,000.

We have spoken to many people about how BRITE could help youth, and heard many accounts of how BRITE would have made a difference if it had been a resource when they were young and acquired their brain injury. Let's bring that resource to life so kids today have a tool for their recovery that's made specifically for them.

Double my donation today



Are you a caregiver for
someone with an
acquired brain injury?

Are you living in
Canada?

**WE WANT TO
HEAR FROM YOU!**

Researchers at the IWK are looking to learn more about the experiences and challenges of unpaid caregivers through an online study.

The information we receive will be used to create resources and programs that support caregivers and improve well-being.

**TO LEARN MORE ABOUT THE STUDY, VISIT:
[HTTPS://WWW.CARINGFORWARD.CA/](https://www.caringforward.ca/)**

**HAVE QUESTIONS? CONTACT US TOLL-FREE AT
1-887-341-8309 (EXT. 8) OR EMAIL US AT
CARINGFORWARD@IWK.NSHEALTH.CA**

Developing a Circle of Support

People living with brain injury often feel isolated and alone. This may not be the case immediately after acquiring a brain injury: people drop by to visit or deliver food, there are lots of appointments to go to, and many call and texts asking for updates. You may find that you're getting a lot of attention.

As time goes by, you may realize your social circle has decreased significantly from what it was before your injury. Offers of help may have dwindled, and you may be spending a lot of time by yourself. This may lead to feelings of loneliness.

People who are in recovery and living with a brain injury most often need the support of others – but it's easy to think you are alone when you can't picture your support network. However, it's likely you have a whole group of people who can all play a part in building what we call your 'circle of support'.

An easy way to think of your circle of support is to draw a circle you at the centre. Depending on your relationships, your circle of support will have several different levels, like the diagram below.



[Read more about circles of support](#)

The Foundations of Brain Injury for Health Care Providers

Coming October 2022

Over 1.5 million Canadian's live with acquired brain injury (ABI). ABI is unique and complex and can impact every aspect of a person's life. As an often invisible disability, it is essential that health care workers and providers understand both the nuances of brain injury and how it intersects with all facets of daily living.



The Foundations of Brain Injury for Health Care Providers is the affordable self-paced course designed specifically for health care and service professionals to enhance their knowledge of brain injury, enabling improved, customized and informed care.

What you will learn

- Causes and types of brain injury;
- How injury affects the brain;
- Physical, cognitive, behavioural, and emotional effects;
- Dealing with challenging behaviours;
- Focus on person-centered care;
- Intersectionality and brain injury;
- Cultural intelligence in care;
- Supporting families;
- Self-care and preventing burnout and compassion fatigue

This course is multi-modal for the best possible self-directed learning experience, including:

- Videos from experts in the area of brain injury to provide an evidence-based, research-supported lens
- Videos from individuals sharing their personal accounts of living with the effects of brain injury, ensuring a valuable educational resource powered by lived experience
- Downloadable resources & further educational opportunities for deeper learning

[Learn more about the course](https://www.braininjurycanada.ca)

A U.S.-based study is looking for survey participants



- Have you had a traumatic brain injury (TBI) or concussion?
- Have you participated in outpatient rehab for your TBI/concussion?
- Are you 18 years of age or older?

If so, you may be eligible to take part in a survey for a study based in the United States looking to get your opinions on outpatient rehab. For example, they are interested in learning more about your brain injury, types of treatment you received, your goals/motivations, and mental health.

Hopefully, results from this study can help rehab professionals improve patient care and long-term health outcomes.

If you would like to learn more/participate, please click the link below:

[Participate in the study](#)

** It is important to note that this survey is completely anonymous and cannot be traced back to the respondent. They also do not ask for information that can identify who you are.

About the head of the study: Luke Miller a doctoral student at Louisiana State University studying neuropsychology and brain injury. A main purpose of his research is to improve cognitive rehabilitation practices and quality of life. More about his research lab: <https://faculty.lsu.edu/mcalamia/>

Meet Lisa Ferenc, Boccia Athlete



Holly Janna, the Communications Lead and National Team Coordinator at Boccia Canada sat down with athlete Lisa Ferenc to discuss how her brain injury came about, her journey navigating a new challenge in her life, and her newfound love of boccia in the summer of 2017.

Lisa was introduced to boccia at the recreational level and quickly learned that boccia is a game for all. Anyone can play, regardless of ability. The boccia community is very small and members consider it to be an extended family with like-minded individuals. People gravitate to boccia as a sport that attracts people of all levels of disability and Boccia Canada meets them at their level of readiness. Lisa's story is one of many.

HOLLY: "How did you acquire your brain injury?"

LISA: "I was in a mountain biking lesson and I fell through a drop while on the bike which severed my vertebral artery which is right beside the spinal cord that delivers blood to the body from the brain. That was in August of 2015. As if that's not enough, the fall caused CSF (Cerebral Spinal Fluid), blood pooled in my brain, and they had to remove parts of my cerebellum and brain stem because it was creating way too much pressure in my skull. The fall led to further operations and medical conditions. To say life changed for me is a huge understatement."

Meet Lisa Ferenc, Boccia Athlete

HOLLY: “What circumstance brought you to try boccia for the first time?”

LISA: “I first learned about boccia through Paralympic athlete, Paul Gauthier. He was telling me about the Paralympics and how he had won a gold medal. He showed me the BISFed rules and one day, in August 2017, Paul brought his balls with him to the Rehab Facility, GF Strong, and that’s when I started throwing. For a while Paul and I would throw balls together to assess my strengths. After much debate, I started boccia in the Fall of 2017. I instantly fell in love with the sport. I played with a group of athletes in Vancouver who had all succumbed to various disabilities. I loved playing as it afforded me freedom and, at the same time, I was able to use my brain because the sport is very strategic. I entered my first competition in the Spring of 2018.”

HOLLY: “What has boccia provided you post-injury?”

LISA: “Mostly competition, coaching, more of a routine, and being around like-minded people who know what you’re going through.”

HOLLY: “What’s your favourite thing about boccia?”

LISA: “My favourite thing about boccia is that you have to use your brain a lot and play very strategically because it’s a very strategic sport.”

HOLLY: “What would you tell someone in a similar situation to yourself, who doesn’t know the benefits that boccia or other sports have to offer for people with brain injuries or similar conditions?”

LISA: “Well, first of all, if they are curious about being competitive I would direct them to the Paralympic website to see all the sports that are part of the program. It’s also important for them to be honest with themselves about what their abilities are. I would probably get to know them a little better and work with them to find out what sports are applicable for them. Then, all that’s left is to ‘Take the shot!’ “

If you would like to learn more about the boccia community in Canada, be it at the local recreational level or the professional level, visit bocciacanada.ca. Thank you to Lisa and Holly for being a part of our community!

The Brain Injury Canada Conference

May 17-18

Navigating the Landscape of Brain Injury is coming back to your screens in May 17-18, 2023. In the past two years, we have done our conference virtually to accommodate both COVID-19 protocols and to make the conference more accessible to our national audience. The response to this pivot to virtual has been extraordinarily positive. So of course we're going to go even bigger and better for 2023.

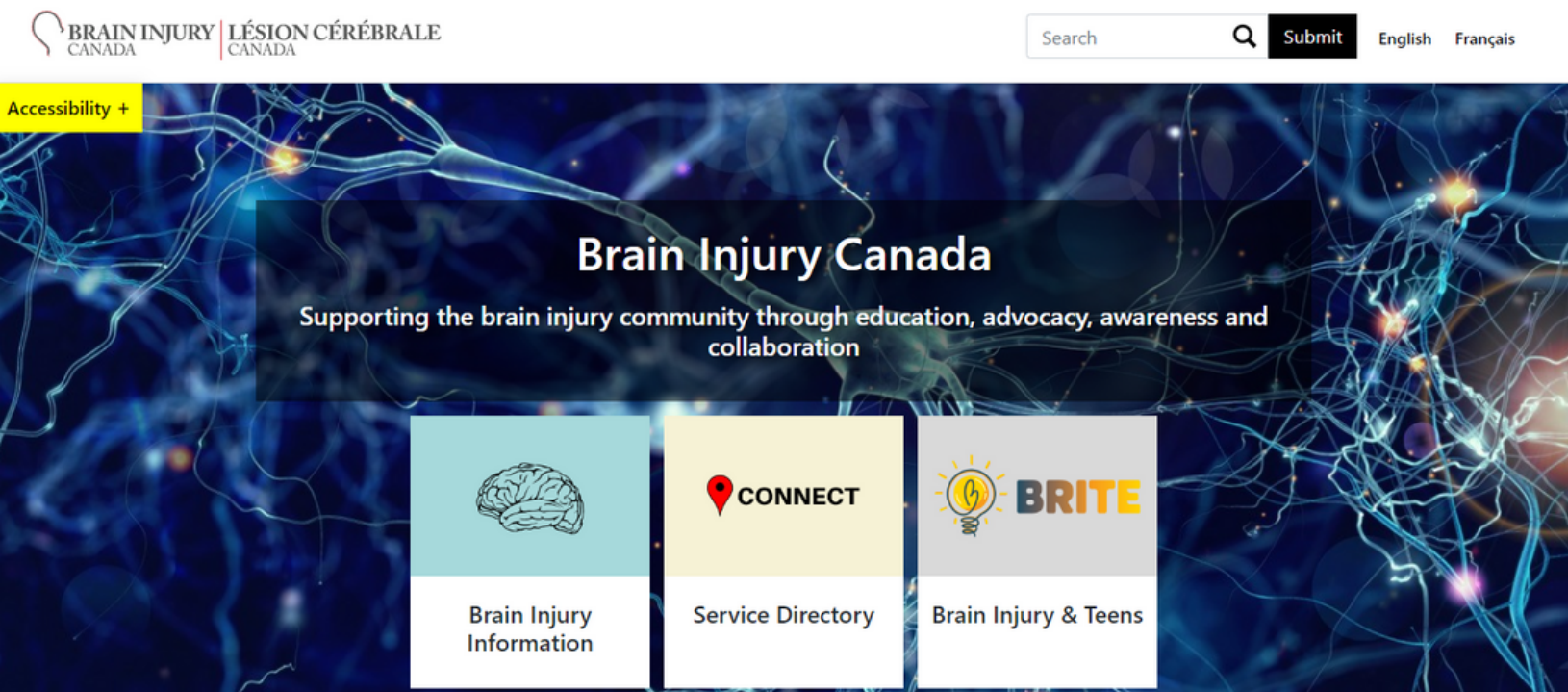
We engineer this conference to provide practical tools and tangible takeaways for health care providers to help them provide more informed care to those with brain injury. In past years, we have hosted acclaimed presenters on topics such as Housing First for individuals with brain injury; incorporating Indigenous perspective in health care; and building resilience for health care professionals, as well as first-person perspectives from individuals with brain injury.

One of our most popular presentations on implicit bias in health care is available to watch for free below.



We will be opening a call for abstracts for our 2023 conference in October 2022. We are looking for presentation abstracts from health care professionals, caregivers, and individuals living with brain injury. Stay tuned to our social media and your email inbox for official details coming soon.

With a Brand New Look, You Can Find All Our Resources in One Place



If you have been to our website recently, you may have noticed we have a new look. As we build resources, we realized that we needed to bring them all together, while still setting the standard for accessibility tools that give you the control to interact with our websites in a way that's comfortable for you.

When you visit braininjurycanada.ca, you will see a new, more streamlined website designed for easy interaction. On the home page, you will see that we have our resource website (Brain Injury Information), our service directory (Brain Injury Canada Connect), and our youth site (coming soon).

At the bottom of the page, you will find our featured content and our events. We will be updating this section regularly, so check back for announcements and new events.

We're so excited to continue creating new resources for the national brain injury community, and appreciate your continued support!



Tech for Impact Fund

March of Dimes Canada's Tech for Impact Fund is providing \$50,000 towards purchasing and delivering mobile devices, laptops, and adaptive aids that support the independent use of accessible technology. Eligible participants who **enter the draw by October 28, 2022** will have a chance to win.

Assistive technology specialists at March of Dimes Canada provide personalized training and assistance to clients who experience auditory, physical, cognitive, visual, and/or communication barriers to independently use or control their mobile, tablet or laptop device. These barriers limit access to socialization, school, work, and community programs.

To qualify, clients may be children (at least school-age) or adults, in financial need, and will need to have completed an intake assessment with an assistive technology specialist and their funding request must fit within one of the priority areas listed below.

Please note: The program is not designed to duplicate existing services. If you are eligible for any federally or provincially funded educational or technology programs or related services, you may not be eligible for the program. The intent of this program is to work with existing supports, not replace them.

Funding is prioritized, based on those requiring technology in one or more of the following key areas identified below:

- To access or manage online services that meet basic and essential needs (such as medical appointments, transportation needs, banking, shopping for food etc.)
- Employment, skills development, education or social/community engagement

The application & more information at March of Dimes Canada

Find your brain injury association

You can find more information about your local brain injury association at braininjurycanada.ca/brain-injury-associations

Alberta

- Southern Alberta Brain Injury Society
- Brain Care Centre
- Association for the Rehabilitation of the Brain Injured

British Columbia

- 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
- 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

- Manitoba Brain Injury Association

Newfoundland & Labrador

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

Nova Scotia

- Brain Injury Association of Nova Scotia

Ontario

- 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 Niagara
- Brain Injury Association of North Bay and Area
- 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
- Brain Injury Association of Thunder Bay & Area
- 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
- Seizure & Brain Injury Centre

Prince Edward Island

- 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

Saskatchewan

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

Connect with resources you need

Brain Injury Canada Connect is designed to help people find the resources they need in their area - from rehabilitation to speech language therapy to home supports to advocacy.

Check back often as our directory continues to grow - new resources are being added regularly.

www.braininjurycanadaconnect.ca

