

CONNECTIONS

Brain Injury Canada's Newsletter

While it may be hard to believe with all the cold temperatures and snow we've received across the country, spring really is just a few days away. We have been hard at work this winter, with lots of great things happening. Our latest free e-course for caregivers is now available for sign-ups, a couple of our health care professional resources have received fresh new updates, and we are making great progress on our effects support resource for individuals (spoiler alert: it's on track to launch by Brain Injury Awareness Month!). This issue of Connections is jam packed with updates and information, so what are you waiting for? Happy reading!

The Brain Injury Canada Team

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Our new free e-course for family caregivers is here

Transitioning from Youth to Adulthood

The wait is over: you can now sign up for Family Caregivers: Transitioning from Youth to Adulthood, our e-course all about helping your child (and you) navigate this new chapter in your lives.



What is this course about?

If your child acquired their injury in childhood, then there will come a point in time when they will transition into adulthood. This doesn't just apply to Canada's health care system: it may also apply to how they perceive themselves; how they want to be perceived; and how they are seen by others. There are so many things that can change in adulthood, and brain injury can make these transitions challenging.

In this course, we cover a wide variety of topics that may arise as your child moves into adulthood, including:

- Fostering independence and interdependence
- Legal considerations
- Finances
- Moving to adult health care services
- Housing
- Education and Employment
- Substance use
- Relationships

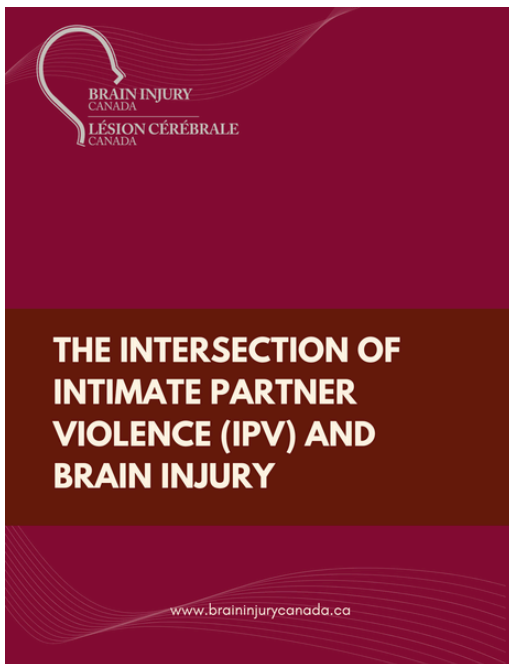
We explore these topics through lived experience, expert input, scenarios, and more. We recognize that brain injury affects everyone differently, and that is brought up continuously throughout the course, making it widely applicable to people in a variety of situations. It is our goal to help build your understanding of this period in your life, and give you the foundation you need to start the process with confidence.

[Sign up for free today.](#)

The Intersection of Intimate Partner Violence and Brain Injury

Read our latest position paper

This March, we published our latest position paper exploring the intersection of intimate partner violence (IPV) and brain injury.



According to the World Health Organization, “1 in 3 women will experience intimate partner violence (IPV) [...] in her lifetime”. This is a prominent issue in our society, and the intersection between intimate partner violence and brain injury (BI) is one that is chronically under-explored and under-discussed. Our position paper includes recommendations for systemic changes surrounding accessible education and awareness initiatives, as well as a standardized national strategy for screening, to bridge the knowledge gap among frontline workers, survivors, and the general public. Many service providers are largely unaware of the connection between IPV and brain injury. This can also be true for survivors. Alternatively, they

may be aware of a risk of brain injury, but are afraid to bring it up due to fear of shame or stigma (Haag et al., 2022).

This paper is a tool for advocacy, featuring:

- Evidence-based information and statistics
- Lived experience
- Defined calls to action and suggestions for improvements
- Accessible tools currently available to support service providers and survivors

You can use this paper in a variety of ways:

- Include it as an evidence-based resource in your advocacy work.
- Use the information to inspire ideas for resources and tools.
- Share it with your colleagues, family and friends to read.
- Participate in the calls to action in the paper.

[Download my copy of the paper](#)

From the community

New documentary “Impact” from Connexion

Subtitles for the documentary are available in both French and English.

After two years of work, Impact: Recovery from Traumatic Brain Injury is now available to the general public

This film delves into the lives of Huguette, Yohan, Réal, and Christine, whose lives were turned upside down after suffering traumatic brain injuries (TBI). Through their sincere and profound stories, the documentary reveals the challenges of everyday life, moments of fragility, but also the strength, light, and resilience that emerge during the rebuilding process.

Impact also highlights the essential role of TBI community associations and caregivers who, day after day, accompany people with TBI on their journey to a new life. It is a tribute to solidarity, human dignity, and the power of community.



[Regardez le documentaire / Watch the documentary.](#)

Brain Injury Education Program Workbook

Fraser Valley Brain Injury Association has recently published an education workbook, adapted from the Corrections Integrated Brain Injury Services program. It covers a wide variety of topics, including brain anatomy, helping individuals with brain injury, and self-advocacy.

[Download the workbook from fvbia.org](http://fvbia.org)

Finding reliable information on the Internet

Most of the information we get these days is from the Internet and social media. While this makes information more accessible, it can also make it a lot harder to figure out what is factual and what's not. This is especially true in situations like the COVID-19 pandemic and ongoing politics and news updates. When you have information being shared on social media, it can be overwhelming to not only process it, but figure out where it's coming from.

It's important for all of us to have the tools to figure out if what we're reading is true, and how to weed out misinformation.

What is misinformation?

You might have heard people say things like 'fake news', when what they really mean is that something isn't true. That's what misinformation is: something that isn't true but has been shared [1]. This happens a lot on social media.

For example

Pam sees that her sister has shared an article on Facebook talking about a current event. Because her sister shared it, she decides to share it too. Unfortunately, this article has false information in it. Pam didn't mean to share misinformation: she just shared something from someone she trusts (her sister).

It's pretty easy to see how misinformation spreads. Most of the time we trust the people who are sharing the information, but don't take the time to look at the source or confirm the facts. However, in order to stop the spread of misinformation and get reliable information for ourselves, we all need to think more critically about what we are reading on the Internet.

- [The Canadian Museum for Human Rights has a helpful article on misinformation](#), what it means when someone shares false information on purpose, and additional resources to learn about this topic.

You can use the following tips to figure out how to access reliable and safe information, and avoid spreading misinformation.

Look for sources and citations

When looking at information on the Internet, there should be sources for where that information is coming from. This can look different depending on the type of information.

Finding reliable information on the Internet

On our website, we use links (like the one for the Canadian Museum for Human rights article above) or a citation list (which you can find at the bottom of the page). When we cite a source, we put a number in brackets after the stated fact so you can easily see where we're getting that information from.

For example

Misinformation is false information that is being shared but isn't necessarily meant to cause any harm [1].

That [1] corresponds to [this article](#), listed below in our source section, which is where we got the definition from. When you look at the other sources for this page, they are from the Government of Canada and the Mayo Clinic, which is a non-profit medical group that is well-known for its reliable reputation. We also ask medical and research experts to review the content we publish on our website to make sure everything is evidence-based.

Information may also be confirmed based on recorded statements. In news articles particularly, they will report using quotes from people.

For example

Mayor Smith said, "the city will spend approximately 10% of the road repair budget on the two kilometre stretch of road between A and B". This is an example of a direct quote, and it is reasonable to take this statement as a fact. Now in this example, the fact (spending 10% of the budget) could change if the project runs into problems. But if that's the case, that will be reported on too.

If you find information on social media, double check it

Many websites use sources, citations, and first-hand accounts from people in their articles and web pages. But what about social media posts?

A lot of us find our news and information on social media these days. This can include:

- Facebook
- Instagram
- Twitter
- Threads
- LinkedIn
- TikTok

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These are just a few examples of social media platforms. You may see posts, pictures, or videos sharing information, and it often doesn't come with a list of sources. You might not even know where the information came from in the first place!

Sharing without checking the information contributes to misinformation

Unfortunately you may think you are helping by sharing a post. But you may also be spreading misinformation. During the COVID-19 pandemic, 90% of Canadians used online sources for information about COVID-19. 96% of those Canadians suspected they were seeing misinformation (false, inaccurate, and/or misleading). Yet only 20% of people regularly checked their sources, and most people used or shared the information without knowing if it was right [3].

See that [3]? That corresponds to a Government of Canada page, where we got those statistics from. You can easily check those numbers at the link in the source list below.

The pandemic is an example of how misinformation can be harmful, as many people choose to take what they read at face value. Social media posts in particular can cause you to have a strong emotional response, which may make you more likely to trust the information. But it's important to check that information, even if it looks right. When reading something on social media, ask yourself the following questions [4] [5]:

- Where is this information coming from?
- Is it trying to get me to click on a link?
- Is it making statements or claims that seem too good to be true?
- Can I find a reputable source that I trust that matches this information?
- Have I read the whole article or post, or did I just read the title/picture?
- Are there spelling errors in the information? This can mean the information is incorrect

You can follow the social media profiles of organizations and/or sources you trust, which may make it easier for you to find reliable information on your social media.

- [How can I tell if health information is good or bad? – heretohelp BC](#) has a lot of helpful information on ways to look at health information online

Here are a few ways to check the information in a social post:

Ask where the information came from

If Pam's sister shares a piece of information about Parliament and Pam isn't sure where

Finding reliable information on the Internet

it came from, she can leave a comment and ask her sister: “what’s the source for this so I can learn more?” This is a judgement-free way of asking for the source.

Use Internet search browsers to confirm the information

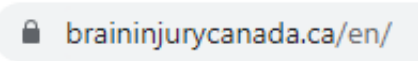
If Pam’s sister has shared a piece of information about Parliament but isn’t sure where it came from (or maybe Pam doesn’t want to ask), Pam can use the Internet to find some additional sources.

Using a real article, let’s say Pam’s sister shares that a Member of Parliament (MP) is getting a new diplomatic job and resigning as MP, but no links to articles or sources for the information. Pam wants to make sure it’s true. She searches for ‘MP gets diplomatic job, resigns from Parliament’ on her Internet browser. [She finds a CBC article about this information](#). CBC is a news source that Pam knows is trustworthy, and she confirms that what her sister said was true.

Check the URL

While sources and citations (notes explaining where information came from) are helpful, it’s also important to make sure those sources have a good reputation and are from a safe, factual source. One of the ways to do this is to check the URL of the article/website.

The URL is the same as a web address. For example, our URL/web address is <https://braininjurycanada.ca>. It also has a little lock next to it. The https and the little lock mean that it is safe and secure for you to visit the website.



braininjurycanada.ca/en/

When looking at websites for information, you can look at the web address to learn more about whether the source is a trust-worthy one. Website addresses are normally the names of organizations, businesses, or publications, and have text in them that explain what you will find on the page. For example, <https://braininjurycanada.ca/en/traumatic-brain-injury/> is a page on traumatic brain injury. We include citations telling you where our information is coming from and how you can see that information yourself.

The way websites end can also tell you a lot about them [2]:

- .ca is a Canadian website
- .com is one of the most common endings for website addresses
- .org is mostly used by non-profits
- .edu is sometimes used by universities and colleges
- .gov is sometimes used by governments

Finding reliable information on the Internet

Ask some key questions about what you're reading

So far we've talked about ways to identify safe, reliable information. But the truth is that a website can have this information, appear to be reliable, but still not be accurate. Here are some additional questions to ask when reading things online:

- Where is this information coming from?
- Are they trying to sell me something or get me to click on a link?
- Have I read the whole article or post, or did I just read the title/picture?
- Are there spelling errors in the information? This can mean the information is incorrect.
- Are other reputable sites sharing the same information? Can I find this on websites that I use and trust already?
- Is it making statements or claims that seem too good to be true?
- Does it have sources that are also reliable?



Have a couple sources bookmarked that you can always rely on

Websites like ours are meant to be a reliable source of information that people can come back to again and again to find information and to check their facts. While you may learn information from a wide variety of places, having a couple online sources that you have confidence in makes it easier for you to check facts and to find information you can trust. Let's use COVID-19 vaccines as the example here. A few websites you can start with include:

- [Coronavirus disease \(COVID-19\): The Government of Canada](#)
- [The Canadian Broadcasting Company](#) – this is a publicly owned news and information source if you're looking for the latest news about COVID-19
- The [World Health Organization](#) – a global health organization

Finding reliable information on the Internet

You can also use your province/territory's health authority website for the most up-to-date information.

Resources

- [Finding accurate information on the Internet](#)—Michigan State University
- [How to identify misinformation, disinformation, and malinformation](#)—Canadian Centre for Cyber Security
- [Finding health information online – The University Health Network](#)
- [Canadian Institute for Health Information](#)
- [Health Canada](#)
- [How can I tell if health information is good or bad? – heretohelp BC](#)

[1] Canadian Museum for Human Rights, "[Misinformation, Disinformation and Malinformation](#)", no date

[2] Michigan State University, "[Finding accurate information on the Internet](#)", 2013

[3] Statistics Canada, "[Misinformation during the COVID-19 pandemic](#)", 2021

[4] Canadian Centre for Cyber Security, "[How to identify misinformation, disinformation, and malinformation](#)", 2022

[5] Ottawa Public Health, "[Scams and Misinformation](#)", 2023

Find your local brain injury association

Provincial and local brain injury associations are available across Canada and are ready to provide support, information, education, advocacy, and a variety of programs and services.

What's my local association?



Michael's Story: "My experience with brain injury profoundly shaped my life's mission"



In 2016, I was involved in a devastating pedestrian motor vehicle accident that left me in a coma for five days and resulted in a severe traumatic brain injury (TBI). At the time, doctors were uncertain about my recovery and questioned whether I would ever return to the life I once knew. Through an extensive rehabilitation journey, resilience, and support, I defied those expectations.

Following my recovery, I completed my undergraduate degree in psychology and earned Conference All-Star honours in my final university basketball season (2020). I later pursued my Master's degree at the University of Westminster while playing semi-professional basketball for the Brent Bulls in the UK, winning the BUCS Championship in 2023. In 2024, I competed against professional teams in Greece, including a 26-point performance. I officially retired from professional basketball in July 2025.

My experience with brain injury profoundly shaped my life's mission: to support and inspire other survivors and individuals facing adversity. I am currently completing my training to become a psychotherapist, driven by a deep understanding of the psychological and emotional impact of trauma and recovery. Having lived through identity loss, uncertainty, and the process of rebuilding, I am passionate about helping others rediscover purpose and resilience. I have been honoured to share my journey through national media outlets, including CBC and 100 Huntley Street.

What are some things that have helped you throughout the recovery journey?

What helped me most on my journey was resilience, the decision to keep going even when life knocked me down hard. The unwavering support of my family and mentors and my rehab team grounded me when I felt lost, and basketball gave me purpose, discipline, and a reason to believe in my body again. Education reminded me that my mind was still sharp, even after everything I'd been through, and therapy taught me how to sit with pain instead of running from it. Most of all, learning to be patient with myself changed everything, understanding that healing isn't linear, and that progress, no matter how small, still counts.

Michael's Story: "My experience with brain injury profoundly shaped my life's mission"

If you could go back to when you first acquired your brain injury and tell yourself one thing, what would that be?

Be patient, It's all going to work out.

What would you like people who don't have a brain injury to know?

It's an invisible injury, and I still struggle with things today, but leaning on your loved ones, and having a positive mindset can go a long way.

If you would like to check out Michael's other interviews about his personal story, here are the links:

- CBC New Brunswick: [From brain injury to basketball: Michael Otoo returns to the sport he loves](#)
- CBC Nova Scotia: Video: [Meet three East Coast athletes you'll be seeing more of: Michael Otoo | Creator Network](#)



Your story can make a difference

Be a part of Stories of Brain Injury

People living with brain injury and their families are sharing their personal stories with Brain Injury Canada to help others learn; feel supported; and give them hope. Wherever you are in Canada, and wherever you are in your recovery journey, we want to hear your voice.

[Share my story today](#)

Our Foundations course has been updated

Since its launch in 2022, our Foundations of Brain Injury for Health Care Professionals course has been completed by hundreds of people across Canada, interested in learning more about brain injury and providing the highest quality of care for patients/clients. While we are always working to make sure the course is up to date, we have launched our 2026 update with new content and new, improved formatting for a smoother learning experience.

[Register for the new Foundations e-course](#)

This will not affect anyone who has already taken the course. If you are partway through the course, this should also not impact your progress. If you run into any issues, please [reach out through our website](#).

Notre cours de français bénéficiera des mêmes mises à jour au cours des prochaines semaines.

Brain Injury Canada Connect

Find services for individuals with brain injury & caregivers across Canada through our interactive service directory. And if you provide supports, list with us today!

[Access the service directory](#)



Brain Injury in Long-term Care is now available on Surge Learning

Integrate Brain Injury Canada into your online professional development

We're thrilled to announce our new partnership with Surge Learning, one of the biggest online education providers in Canada. Our e-course 'Brain Injury in Long-term Care' is available for licensing through their platform. If you use Surge Learning and are interested in this course for yourself or your organization, start the licensing process through Surge Learning.

What's coming up?

2026 has just gotten started, and we're gearing up for the busiest time of the year. Here is a sneak peek at just some of the things we have on the horizon:

- We are fortunate to have new team members and are excited to be working with them to continue growing the organization and our programs.
- June is Brain Injury Awareness Month, and it's going to be the biggest one yet. Keep an eye out on our social media and your email inbox as we launch this year's awareness and fundraising campaigns.
- The interactive effects support resource is currently being built, and we're on track to launch this new tool for individuals with brain injury by June as well. This resource will continue to grow over time, and be an accessible tool for those looking for easy access to effects-specific information.
- We have a new course for home care workers on the way, focusing on providing care for and understanding brain injury in a home environment.

Keep in touch with us on social media and through email—that's where we'll be sharing all updates and announcements.

Visit Brain Injury and Teens (BRITE), our youth resource website






britecanada.ca is our new resource website specifically created for kids to take charge of their own learning when it comes to concussion, brain injury and recovery. This website is available in English and French, and is a growing resource that has new information being added regularly.

If you have children in your life with a brain injury, encourage them to check out britecanada.ca and/or share their story through our community page.

[Learn more](#)

You might also be interested in...

-  [Educational infographics on brain injury, concussion and more](#)
-  [Make a donation to Brain Injury Canada](#)
-  [Health care professionals can sign up for our Foundations educational e-course for just \\$65+HST](#)

Follow us on our social media channels



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[Yes](#) 😊

[It was okay](#) 😐

[No](#) 😞

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