



# Navigator Update Fall 2015

**Providing a Point of Entry for ABI Services Across  
Southeastern Ontario**

## Coming Events

### **Creative Coping Conference, Kingston ON, Thurs. Oct. 29, 2015**

The Community Brain Injury Services is providing this event free of charge to individuals who have a loved one living with a brain injury. The day will include a keynote address by Linda Lowery, who will speak of her own family's journey after her son sustained a brain injury at the age of 22. There will also be small group discussions and sessions introducing different methods of self-care. Registration required.

### **Accommodating the Symptoms of TBI Workshop for Community Professionals, Kingston ON, Fri. Dec. 4, 2015, 9 am—12 pm.**

Accommodating a person with a brain injury means that services are provided in a manner that takes into consideration the needs of the individual. Providing accommodations creates an opportunity to address potential barriers to treatment success. This course, developed by the Ohio Valley Centre for Brain Injury Prevention and Rehabilitation will offer a framework to conceptualize difficulties and provide practical solutions to challenges including memory, planning, organization, attention, self-awareness, and more. Provided free of charge. Registration required.

To register call us or visit:  
[braininjuryhelp.ca/events](http://braininjuryhelp.ca/events)

## Local Update

Fall greetings! It's time once again to share with you what ABI System Navigation has been working on lately. Ongoing themes include outreach to make brain injury information accessible across our large region, working to support community services to accommodate clients, consultation within long term care facilities, and pursuing avenues to gain greater mental health supports.

We were able to provide Smiths Falls residents with an "encore presentation" of the Parkwoods Institute Brain Injury Education Series in June and July. This allowed a new group of individuals and families to learn more about brain injury each week and share their own stories with one another.

In collaboration with VON Stroke Services, we have been able to invite ABI survivors and family members to participate in the 6 week "Living with Stroke And ABI" course. This program was previously only offered to individuals affected by stroke, but has now extended openings to brain injury as well. It is yet another great example of how by sharing resources we can open up opportunities to more people in the community.

I've also had the opportunity to provide brain injury education within the community on several occasions. It is always appreciated when service providers take the time to learn more about brain injury and how they can best serve their clients. If your agency or organization would be interested in organizing an in-service, please get in touch!

We continue to investigate options to enhance mental health services to ABI survivors locally. With the neuropsychiatry program ending in April 2015, this has once again left a gap in much needed services. Currently, we are considering various options including collaboration with existing services to share resources and make a future service sustainable.

On a personal note, I will be taking a maternity leave in the new year. A new navigator is expected to be identified in late fall to allow for a smooth transition. I ask that you please take the time to reach out as each connection I have made over the last 4 years has been invaluable and will certainly be appreciated as they get acquainted in the role. All contact information will remain the same.  
-Rachael

## Contact Us:

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