

Parkwood Institute Acquired Brain Injury Survivor and Family Education Series

Spring 2016 Schedule

The survivor and family education series is a forum open to individuals with acquired brain injury, their family, and friends. The goals of the series are to share education and information, provide opportunities to meet other individuals and family members affected by brain injury, and to encourage peer support.

The 2016 series is open to anyone within Ontario with access to an Ontario Telemedicine Network (OTN) system. This year's series will be held on Tuesday evenings from March 22 to May 10, 2016 with each session running from 6:30 – 8:00 pm. Please contact your local Brain Injury Association or the Ontario Brain Injury Association to request information regarding the locations to view the series in your area.

March 22nd

Brain Injury 101 – Part 1

Speaker: Kelly Williston, Occupational Therapist

This session provides an overview of the structure and function of the brain and what goes wrong when an injury happens, as a basis for understanding the changes that occur in an individual following a brain injury. The presenters will describe some of the physical, cognitive, emotional, social and behavioural consequences of brain injuries and offer some examples of strategies for managing these.

March 29th

Brain Injury 101 – Part 2

Speaker: Kelly Williston, Occupational Therapist
Jill Bowen, Social Worker

The presenters will continue to discuss the physical, cognitive, emotional, social and behavioural consequences of brain injuries and offer some examples of strategies for managing these.

April 5th

Practical Strategies for Managing your Life

Speaker: Becky Moran, Occupational Therapist
Manny Paiva, Occupational Therapist

How do you organize your life differently following an acquired brain injury? This session focuses on some of the knowledge, thinking strategies, tools, and habits that make life easier for individuals with brain injuries and their families.

April 12th

Finances After ABI – Looking at Ontario Disability Support Program and Canada Pension Plan - Disability

Speakers: From the London Employment Help Centre
Melissa Brideau, RSW – Advocate
Lucille Brennan, RSW – Advocate Manager

This session will provide an overview for survivors and their family members/caregivers of the eligibility, application and appeal processes for these income/employment support programs.

April 19th

Dealing with Headaches and Pain Following ABI

Speakers: Dr. Keith Sequeira

Pain is often a common issue for people post brain injury and may be experienced as headaches, pressure in your head, neck pain and many other ways and in other areas of the body. Dr. Sequeira is a specialist in Physical Medicine and Rehabilitation at Parkwood Institute and during this session he will talk about these issues and possible treatment options.

April 26th

Brain Injury and the Practice of Mindfulness

Speaker: Lisa McCorquodale

This session will introduce and discuss the practice of mindfulness and the benefits mindfulness may provide in reducing and/or coping with the emotional, cognitive and psychosocial changes that are experienced as the result of sustaining a brain injury.

May 3rd

Life After Brain Injury – Reintroducing Leisure into your Lifestyle

Speakers: April Zehr, Therapeutic Recreation Specialist
Nadia Andretta Whelan, Therapeutic Recreation Specialist

This session will look to help individuals examine adjusting to new lifestyles that may follow impairments from a brain injury with a focus on leisure participation. Often there are few, if any, new leisure pursuits initiated to replace past interests. Leisure activities are an important area of concern for brain injury survivors and may have the potential to assist with recovery in other areas.

May 10th

Survivor Stories

In this session you will have the opportunity to hear the stories of survivors as they journey through their recovery from brain injury.

Please contact mccalls1@providencecare.ca to register with the date(s) and location you will be attending.



braininjuryhelp.ca

Acquired Brain Injury System Navigation
of Southeastern Ontario

