



# Navigator Update Fall 2019



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

## Coming Events:

### Support, Hope & Resiliency: Education & Training for Caregivers of ABI Survivors

FREE half-day workshops throughout the region in October. Workshops will fill quickly. Register online. Visit: <http://obia.ca/caregiver-education-program/>

### Brain Basics Training Program

Designed to provide caregivers, survivors and others with an introduction to the World of Brain Injury. Hosted by Brain Injury Association of Qunite District [BIAQD.ca](http://BIAQD.ca) or [info@biaqd.ca](mailto:info@biaqd.ca)

### Kingston Caregiver Connect

Caregivers in Kingston met in June & August 2019. Meetings are to connect caregivers to resources, and most importantly, to each other. Learn from the wisdom of experienced caregivers, or just be reminded you're not alone in this task. Watch the "Calendar of Events" page on [braininjuryhelp.ca](http://braininjuryhelp.ca) for next meeting date. Have an idea for a guest speaker or topic? Contact Michelle.

**27 November 2019**

### Stroke Symposium Stroke Care: Improving the Patient Journey

Free, all-day event in Kingston for Health care professionals & direct care providers in all settings of stroke care. Visit [strokenetworkseo.ca](http://strokenetworkseo.ca) or email [heather.jenkins@kingstonhsc.ca](mailto:heather.jenkins@kingstonhsc.ca)

### November 2019: FREE Best Practice & Education Sessions

Target audience is healthcare providers working in LTC or in the community who support persons who have experienced an ABI or stroke. Visit [www.strokenetworkseo.ca](http://www.strokenetworkseo.ca)

## Local Update:

**Greetings!** My name is Michelle Pangilinan. In September 2018, I took on the role as ABI System Navigator. Since then, I have had the opportunity to meet many new people. I would like to thank everyone for the warm welcome. I look forward to continuing to collaborate with partners to address system gaps and increase the capacity of, and access to services, for individuals with Acquired Brain Injury.

**Acquired Brain Injury & Addictions/Mental Health Collaboratives** – The Collaboratives are a result of a Working Group to bridge the gaps in the system and implement the 2016 best practice guidelines released by the Ontario Neurotrauma Foundation. The Collaboratives provide a mechanism for addressing the needs of people with moderate to severe ABI and a complicated by addictions and/or mental illness. There is a Collaborative for each of the three regions of the Southeast Ontario: HPE, KFLA & LLG. The Collaboratives meet regularly to hear about people who meet specified criteria and are believed to be at risk. Discussion occurs about what services they are able to offer with the goal of reducing the risk and assisting with the provision of treatment, rehabilitation and support services. The types of situations that have been addressed: Housing, Referral for neuropsychiatry, Diagnosis for Mental Health, medication, transportation and community supports. **Referrals accepted only from Service Providers & written consent of individual.**

**Ontario Neurotrauma Foundation (ONF)** - offers resources so everyone can better understand how to navigate through the healthcare system and manage care after concussion/mTBI.

Guidelines and special features released July 6, 2019:

- patient version
- new interactive, fully searchable website
- French version
- upgraded evidence from the 2nd edition

<https://braininjuryguidelines.org>

**Community ABI Education:** It is always appreciated when service providers take the time to learn more about brain injury and best serve clients. If your agency or organization would be interested in receiving an in-service, please get in touch!

## Featured Resource: Living Well – South East Ontario

**Living Well**  
South East

Self-Management Program  Ontario

Kingston Community Health Centres  
613-542-2949  
[selfmanagement@kchc.ca](mailto:selfmanagement@kchc.ca)

**Living Well – South East Ontario** offers FREE evidence-based self-management programs across the South East Ontario to provide education and tools to help people live healthier and better manage the daily tasks of living, so that everyone can be Living Well.

The Living Well workshops have been funded by the Ministry of Health and Long-Term Care and are provided free of charge.

For more information or to join the email distribution list, contact:  
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[braininjuryhelp.ca](http://braininjuryhelp.ca)  
Acquired Brain Injury System Navigation  
of Southeastern Ontario

 Ontario  
South East Local Health  
Integration Network  
Réseau local d'intégration  
des services de santé  
du Sud-Est