



Navigator Update Fall 2020



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

Coming Virtual Events:

OBIA eLearning

Brain Basics e-Learning covers the consequences of acquired brain injury (ABI) and how to support a person living with ABI
<https://obiaelearning.ca/>

OBIA Launches NEW Impact Study!
Two versions, one for **Individuals Living with Brain Injury/Concussion** and the other, for **Family Members and Caregivers**.

<http://obia.ca/brain-injury-impact-study/>

OBIA Launces more dates for Online Caregiver Support Group
Connect with other caregivers online in a confidential setting . Completely FREE but require registration & fill quickly. obia.ca/online-caregiver-support-group/

March of Dimes Canada (MODC) NEW Online Virtual Programs
MODC has shifted Community and After Stroke programs online and telephone. All programs require registration.
New programs are being added weekly, so check regularly
www.marchofdimes.ca/en-ca/programs/Pages/Online-virtual-programs.aspx

Have an idea for a guest speaker or topic? Contact Michelle.

Local Update:

Greetings! With the onset of the COVID-19 Pandemic, 2020 has seen most Service Providers across the region move to alternative service delivery methods.

The Southeastern Ontario (SEO) ABI (Acquired Brain Injury) and Addictions/Mental Health Collaboratives continue to meet virtually across the region to hear about people who meet specified criteria and are believed to be at risk. Risks include; Housing, Receiving a Diagnosis, Accessing Community Supports , Financial Vulnerability, Medication and Supports for Medication Adherence.

Gwen Brown (Regional Community & LTC Coordinator, Stroke Network of Southeastern Ontario) and I are partnering to create a 2 part virtual education for staff working in Long Term Care Homes.

OBIA launched the new website caregiverinfo.ca; a series of modules and resources for caregivers looking after a loved one with brain injury.

I look forward to continuing to collaborate to address system gaps and increase the capacity of, and access to services, for individuals with Acquired Brain Injury.

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!

Regional Resources to Help Stay Active

In **Belleville**, you can apply for recreation subsidies and fee assistance. Subsidies are available for 25% to 75% off the cost of the program based on income. Read more: quintesportsandwellnesscentre.ca/en/register-for-programs/recreation-subsidy-and-fee-assistance.aspx

In **Kingston**, you can apply to My Kingston (Municipal Fee Assistance Program (MFAP)) for Transit and recreation subsidies. This funding is based on income and is available on a first-come, first-served basis. Read more: cityofkingston.ca/residents/community-services/municipal-fee-assistance

In **Lanark, Leeds, or Grenville** the **Healthy Communities Partnership** lists funding for Financial Support and for Kid's Recreation by Municipality. Visit Healthy Communities online for healthyllg.org/recreation_funding.html

Featured Resource: Good Food Box (GFB)

Kingston Community Health Centres
613-542-2949 x2168
goodfoodbox@kchc.ca

Brockville & Prescott
Salvation Army
613-342-5211/613-925-2350
salvationarmybrockville@gmail.com

Belleville and Quinte West Community
Health Centre
613-962-0000

1



Order

Order a healthy food box online* or at one of our host sites

*Surcharge added to online orders

2



Pick it up

Pickup your food at the most convenient host site for you

3



Eat Smart

Eat fresh, save money and live healthy

For more information or to join the email distribution list, contact:

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ABI System Navigator
613-547-6969 ext. 37165
pangilim@providencecare.ca



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