

A Foot in Two Worlds

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GLASBERGEN

**“My topic is ‘How To Give A Presentation Without Losing Your Audience’s Attention’.
The End. Thank you for coming.”**



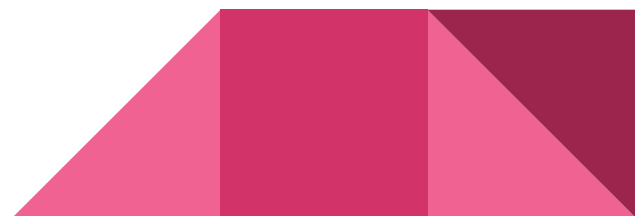
What does the title even mean?

Who we are:

Association Representatives, Private Practice Providers, Family Member & Advocate

What we know:

- Association support can be introduced in conjunction with existing supports
- There are a plethora of opportunities available for survivors, family members and team members
- Brain injury survivors and their families can have a hard time finding us





We asked....

What we've learned from other providers: We are not alone!

Through a questionnaire provided to a small sample of rehab professionals across the province, we learned that...

54% of Rehab Providers new “a little”: about ABI associations

Although 98% of Respondents felt that ABI associations do not duplicate the work done by private rehab teams, 58% felt the services would be questioned or cause issues with third party funders.



Some comments we heard..

- Need more general public advertising to inform people of the service before they may need it
- The various ABI associations are essential. My clients who access these services have a very positive experience. Rehab professionals need to do a better job of informing our clients of the available services and how to access them.





What do Associations do anyways?

- Supports and programming varies throughout the province
- Peer support program is available in all areas throughout the province
- Support Groups, Drop-In Programs, Community Outings, Opportunities to Socialize
- Provide support for individuals with or without funding
- Provide peer support opportunities
- Education, Advocacy and awareness

Don't forget about OBIA! Available to anyone across the province – helpline, online concussion group, caregiver education program, etc.





So how do you connect with an Association?

Before we start with how let's talk about when is the best time. It's important to note that associations:

- Are NOT crises services
- Can not provide 1:1 support (members are welcome to bring their own supports)
- Depending on the association, different supports/services are available

How do you connect your client to these associations?

- Contact Association listed on the handout or check the OBIA website
- Small membership fee (can be waived if member is willing to complete a short survey)

What do you need to register?

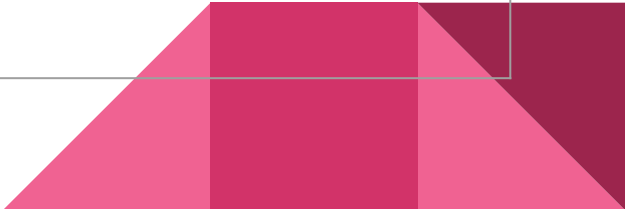
- Basic contact information
- Medical documentation is NOT a requirement



What is the difference between Private Rehab Services, Ministry Funded Services and ABI Associations?

What do you think? Do these free or subsidized supports duplicate private rehab services or Ministry funded supports?

Ministry Funded Programs	Private Teams	Associations
<ul style="list-style-type: none">● More specialized services● Clinical supports● Often require medical documentation● There can be waitlists	<ul style="list-style-type: none">● Work on specific therapy goals● Funded by insurance● Multiple disciplines involved● 1:1 support is provided	<ul style="list-style-type: none">● No medical documentation required● Often group based programming● Focus is on peer connections



Reducing Isolation - what we know

- Headway Brain Injury Association (U.K.) research found that 70% of brain injury survivors have seen deterioration in their social life following brain injury, with a similar percentage feeling that people in their lives do not understand the effects of their condition.

Reasons why isolation occurs:

- “New Me” is difficult for others to accept and connect to
- Noisy/busy environments are challenging
- Mood issues
- Isolation from caregivers - others not understanding their situation

“No man (we say person 😊) is an island, entire of itself”, John Donne





Support with Antecedent Behaviour Management

Private Treatment Team

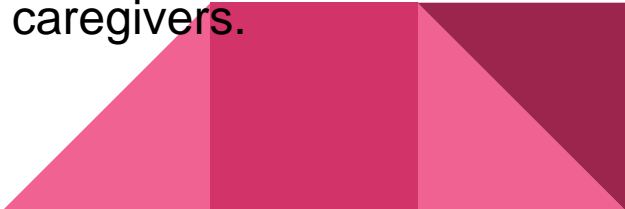
- Knowledge and expertise to identify barrier to re-integration and adjustment
- Can adjust supports, goals, and needs with the client based on feedback from the support group facilitator and individual's experience

Brain Injury Groups / Sessions / Outings:

- Help with providing a physical environment that is structured and safe
- A place to practice “being in a group”, practice communication with others, and to identify the behaviours and triggers that may be new
- Outings with agencies take into account accessibility needs, built in quiet space



Peer Support Program

- Provincial program that was established by the Ontario Brain Injury Association and has been in operation since 2006.
 - It is a collaboration between OBIA and the local brain injury associations.
 - Currently there are 16 local associations across the province that are offering the program.
 - **COMPLETELY FREE!!**
 - Connects persons with lived experience (the Mentor) with an individual who is living with the effects of an acquired brain injury who requires support (the Partner).
 - Available to survivors, family members and/or unpaid caregivers.
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Peer Support Program

<https://www.youtube.com/watch?v=BsxHS2KzC2w>

Please enjoy this video!



Partnerships



- Mentors and Partners are matched based on similar experiences, demographics and personal interests.
- The PSC's look for a "best match fit" for each Mentor and Partner.
- If at any time the "Partnership" is not working for any reason, the Partner can request to be matched with a different Mentor.
- Partners and Mentors can connect by phone, email or video conferencing, depending on what works best for them and it is mutually agreed upon.

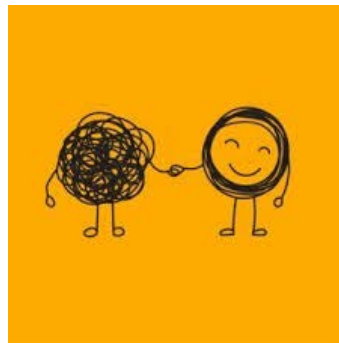
OUTCOMES

For Partners

- Social and emotional support.
- Reduced isolation and increased hope.
- Increased understanding of options, resources, etc.
- Assistance in gaining skills and confidence for future goals.

For Mentors

- Personal satisfaction in helping others.
- Purpose and productivity.
- Skill development.



Why Mentors Get Involved?


88% of Mentors say that being a Mentor improved their quality of life.

"I was a partner and received great help and support. Now I want to be a Mentor and pay it forward."

"I want to give back and help others who are trying to cope with their brain injury."

"Being a peer mentor has afforded me an outlet to share my experiences with another Mom."

"I found exactly what it was that I craved – an opportunity to converse with others like me, to compare notes, share coping strategies, and to feel and to help others feel less alone."



What Partners Have to Say!

“This program has made me understand I’m not alone.”

90% of Partners recommend the Peer Support Program.

“The support I received promoted a feeling of hope”

“My Mentor really helped me to understand what my husband was going through. I am more patient and less stressed with him now.”

" A great outlet to talk with someone who understands at a time when others around me couldn't or wouldn't".



“Everyone was there to shake my hand, when I won the Spelling Bee, but you were there to hold my hand when I was practicing for the Spelling Bee.”

3 x 600

Words Used to Describe the Program

- **NEEDED!**
- **Validating**
- **Life saving**
- **Amazing**
- **Impressive**
- **Invaluable**

- **Rewarding**
- **Game changing**
- **Inspiring**
- **Enjoyable**
- **Uplifting**
- **Empowering**

A Lived Perspective: Life Before Injury...

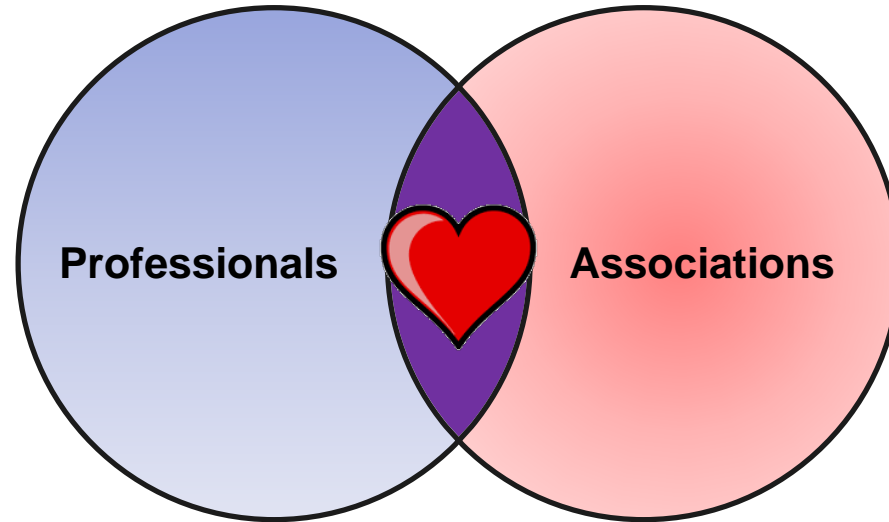




Life After Injury...



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*Thank
you!*

