

Helpful Hints

- Keep a detailed calendar of things you do and plan to do. This builds self-confidence, independence, and self-responsibility.
- Write things down. Keep lots of notes. This helps achieve multimodal learning; you hear it, write it, and see it. Just writing it down greatly helps you remember even if you don't ever look at your notes.
- Keep a daily schedule. This establishes routines and helps make life predictable and easier.
- Always consider the optimistic side of things.
- Be willing to do new things. Don't just "try". Do!



Taken from "Traumatic Head Injury. Cause, Consequence, and Challenge"

Dennis P. Swiercinsky, Terrie L. Price, & Leif Eric Leaf.

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**Accredited Supportive Living Services Limited's
Brain Injury Program
serves a large portion of Alberta's Northwest**

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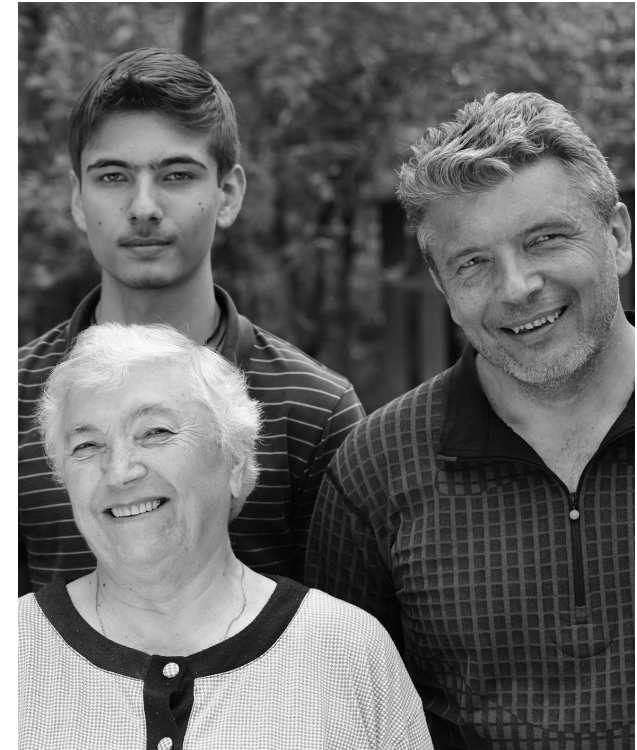
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**BRAIN INJURY
PROGRAM**

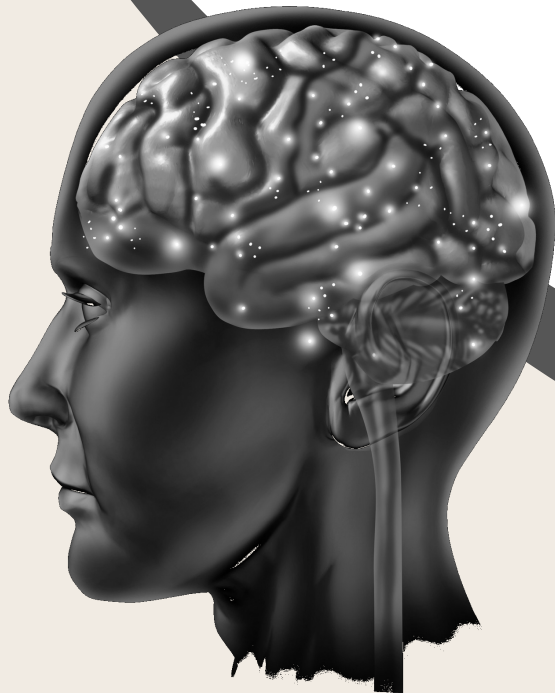
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Causes of Brain Injury

- Motor Vehicle Accidents
- Falls
- Head Trauma
- Sports and Work Related Accidents
- Stroke
- Lack of Oxygen to the Brain
- Substance Use
- Aneurysms
- Brain Tumours

Effects of Brain Injury

- Confusion
- Memory loss
- Changes in personality
- Challenges with finances
- Challenges with everyday living



Eligibility

- Individuals who have been diagnosed with an Acquired Brain Injury (ABI) or a suspected diagnosis of brain injury after the age of 18.

Information and Referral

- Referring Individuals and Caregivers affected by ABI to resources within the community.
- Providing ABI informational presentations within the community.

Service Coordination

- Identifying and Coordinating community-based supports and services.
- Coordinating “Supports for Community Living Services (SCLS)”, which provides assistance to adults affected by ABI to build or maintain independence within their community.

Support and Advocacy

- Acting as a resource to develop skills which will promote independence and skill development.
- Supporting Individuals to access productive activities in their community of choice.
- Assisting to access funding for supports through programs such as AISH, CPPD, and Alberta Works.
- Assisting to access resources related to housing, employment, legal , and related needs.
- Coordinating specified supports.

Providing quality services to individuals with diverse needs by encouraging opportunities for growth, development and community support.