



# The Monarch

September 2010

**BRAIN INJURY  
ASSOCIATION  
OF LONDON  
AND REGION**

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The Brain Injury Association of London and Region acknowledges the generosity of Legate & Associates as sponsors of this publication.

# The “B-B-Q King”

“No doubt about it. A permanent spinal cord injury will depress you... but you have to work through it and realize that life goes on and still has a lot of wonderful surprises for you.”

Frank Nunnaro



Frank Nunnaro is a regular guy with a real talent for barbeque cooking. He was a produce manager at an Orillia IGA when he had a terrible car accident that damaged his spinal cord and left him a paraplegic.

After intensive rehabilitation at Lyndhurst Hospital, and with the loving help from his wife Vicky, Frank has gone on to become one of the great BBQ hosts of the century. Every year in the middle of the summer, Frank and Vicky host an amazing barbeque party at their Wasaga Beach home. Frank likes to think of it as a real celebration of life. We like to think of it as a testimony to the human spirit.

We are honoured to have represented Frank Nunnaro in his lawsuit and to count Frank as a friend and one of the many everyday heroes we have been able to help.

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**Email:** info@braininjurylondon.on.ca **Website:** www.braininjurylondon.on.ca

**Registered Charitable:** 139093736RR0001

**Reminder:**

### Membership Renewals are now due!

Dual Memberships now available  
with Ontario Brain Injury Association  
and the Brain Injury Association  
of London and Region.

See OBIA.BIALR Dual Membership  
Application Inside

### Board of Directors & Staff

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**Editors:** Editorial Committee

**Layout & Design:** Cindy Evans, Advance Imaging

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### Canada Post Publications Mail

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# EXECUTIVE DIRECTOR'S REPORT



For the majority of people whose lives have been touched by brain injury it is a truly daunting and confusing situation. Many people don't know what questions to ask, or whom to ask, or what services are needed, or where to seek such services.

As stated in the Association's mission statement, we provide advocacy on behalf of those affected by giving them the tools and experience to take greater control over their own lives, whether it is guiding them in the right direction for services, assisting with sorting out funding or housing issues, we can help.

One of our tools is the Directory of Services that lists all service providers and other helpful resources located in the 5 counties we serve.

There are many changes that I'm happy to announce. Firstly, Lerner's Personal Injury Lawyers has agreed to sponsor the popular Monarch Junior publication that debuted at this year's 13th Annual Brain Injury Conference in June.

Secondly, September it seems is a month of change as OBIA says goodbye to John Kumpf after 12 years of excellent leadership as Executive Director, we wish Ruth Wilcock all the best as his replacement.

Likewise, we are saddened to say goodbye to long time board members, Sari Shatil, Lisa Fraser, Elizabeth Skirving, and Robin Tugender, we will miss them and their individual contributions to our organization.

We are excited to welcome Nancy McAuley, Larry Norton, Mary Hansen, and Lorrinda Mabee to our board of directors. Their fresh new perspectives will be an asset in the strategic planning of the Association.

After taking a break for the summer, the support groups resume meeting this month and as always, we continue to look for innovative ways to meet the support needs of those living with ABI.

I am excited to announce that we have formed two important alliances with Dale Brain Injury Services. The Perth Social Leisure Group will be offered through our Association with the facilitator of that group being contracted through Dale.

We have also formed a partnership for Dale participants and their family members to access our services to assist them with Self Advocacy.

I'm also extremely pleased to announce that our application to Imagine Canada's Ethical Code Program has been approved, which, as a registered charity accountability and transparency to our stakeholders is our most important asset.

Several events are planned for the coming months including Camp Dawn, September 16-19; the Brain Injury Golf Classic co-hosted with H.A.B.I.T.; Brain Basics Course; and the 4th Annual M.D.M. Reporting Casino Night with special guest Eric Lindros!

In addition, check our website frequently as we will be revising several features and also offering educational webinars to the public. Because advocacy is such an important tool to utilize when one has a brain injury, I hope you find this issue helpful and it provides some useful tips on self advocacy.

*Donna Thomson*

## ST. MARYS COMMUNITY REHABILITATION

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## "The Brainwaves Show"

*Hosted by Donna Thomson*

Tune in to AM980 every Sunday at 1:30 p.m. for a half hour of information about the hidden disability that is brain injury. Host, Donna Thomson will be joined by experts to discuss various issues surrounding brain injury. The show is also available on podcast on the [www.am980.ca](http://www.am980.ca) website under 'Hosts and Shows'.

*Thank you to the following sponsors for their generous support of the show over the past year:*

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## Brain Injury Can Happen to Anyone

# ONTARIO BRAIN INJURY ASSOCIATION



## Ontario Brain Injury Survey

Dear Friend:

We are pleased to announce the launch of the new Ontario Brain Injury Survey. This survey replaces our former Caregiver Information and Support Link (CISL) Questionnaire which OBIA has been using since 1989. This new survey will be used to provide valuable information annually to researchers, service providers and government policy makers.

Your local brain injury associations is assisting OBIA with this project. By completing the attached Survey Release of Information Form you are agreeing to have a representative from OBIA contact you to provide you with more information about the Ontario Brain Injury Survey. Then, with your consent we will mail a copy of the survey to you with a postage paid return envelope. In appreciation of your time to complete the survey we are offering you a free dual membership to OBIA and a local association of your choice. For every survey completed the local association will receive \$15 to assist them in providing programs and services.

### Benefits of Membership

- ✓ Survivor ID and Dual Membership Card
- ✓ Quarterly issues of the OBIA Review Newsletter
- ✓ Access to our Resource and Lending Library
- ✓ Discounts on training courses

As always information provided to OBIA will be kept strictly confidential.

If you have any questions about our Ontario Brain Injury Survey or the membership programs, please do not hesitate to call OBIA at 1-800-263-5404.

The attached consent form can be completed and sent back to OBIA via fax, email or by regular mail. Thank you for your support!

PO Box 2338, St. Catharines, ON, L2R 7R9, Tel: (905)-641-8877, 1-800-263-5404, Fax: (905) 641-0323  
E-mail: [obia@obia.on.ca](mailto:obia@obia.on.ca) Website: <http://www.obia.on.ca>  
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## Ontario Brain Injury Survey Release of Information

Name: \_\_\_\_\_

Please specify:     Survivor                       Caregiver

Age of survivor:     Adult (16 yrs+)     Child/Youth (under 16 yrs)

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Area Code & Telephone: (\_\_\_\_\_) \_\_\_\_\_

Association/Service Provider: \_\_\_\_\_

I give the Ontario Brain Injury Association (OBIA) permission to contact me regarding the *Ontario Brain Injury Survey*. All information provided to OBIA will be kept strictly confidential.

\_\_\_\_\_  
Signature of Survivor/Caregiver

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

\*Completed forms can be sent back to OBIA, via email, fax or regular mail.

PO Box 2338, St. Catharines, ON, L2R 7R9, Tel: (905)-641-8877, 1-800-263-5404, Fax: (905) 641-0323

E-mail: [obia@obia.on.ca](mailto:obia@obia.on.ca) Website: <http://www.obia.on.ca>

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## Peer Support Mentoring Program for People Living with ABI

By Jamie Fairles  
Peer Support Coordinator

I like to think that all survivors of brain injury are advocates for brain injury after having had to deal with the rollercoaster of emotions, behaviours, and thoughts themselves. The Peer Support Mentoring Program matches a person new to brain injury with someone who has had experience with brain injury and supports them throughout the journey that they once travelled. This is sort of being an advocate because the mentor is acting like an advocate to the

partner using his or her own experiences as learning tools to guide the partner through his or her own journey. If All goes well, There will be London's third mentor training on October 2 for 8 new mentors.

If you feel your own experience with brain injury could be of benefit to somebody, or you are in need of support yourself, please don't hesitate to give the office a call and inquire about the program.

If you feel you can provide comfort and support to others who may be facing similar challenges, or if you are looking for support and comfort yourself, please don't hesitate to call the office for more information on how you can take advantage of this truly remarkable program.

Phone: 519 642-4539

Toll Free: 1-888-642-4539

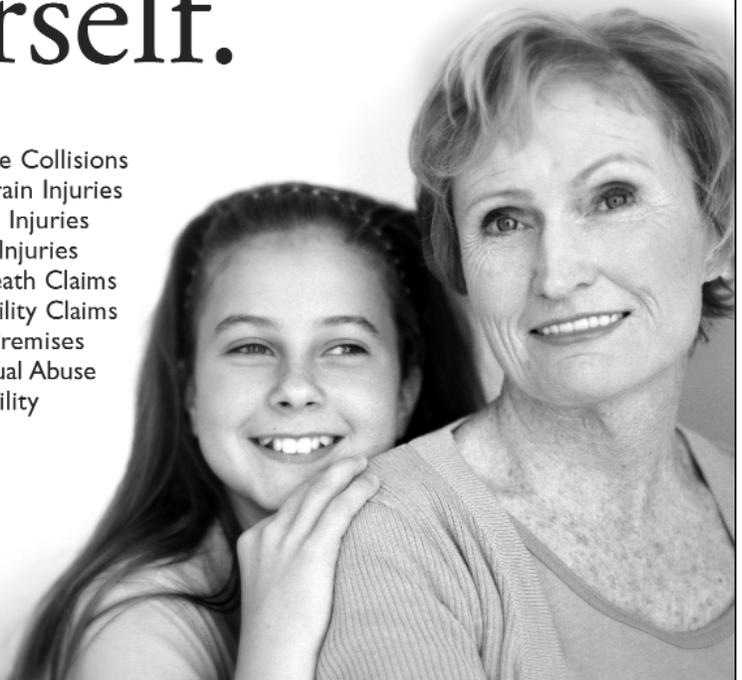
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Welcome to the M.D.M. Reporting

# **3<sup>rd</sup> Annual Dinner & Casino Night**

*In Support of the Brain Injury Association Of London and Region*

**Date:** November 20, 2010

**Location:** West Haven Golf & Country Club

**Tickets:** \$100.00

**Guest Speaker:** Eric Lindros

**MC:** Nick Paparella

**Tapas Bar:** 5:00 PM.

**Dinner:** 7:00 PM.

Comedy Show & Casino to follow 8:00 PM. to 11:00 PM.

Casino has Slot Machines, Blackjack, Roulette, Plinko, and

Texas Hold'em Tournament. We also have door prizes.

\$10.00 Casino chip with the  
purchase of every ticket.



The Ontario Brain Injury Association  
&  
Brain Injury Association of London & Region

**You Can Now Belong to Both Associations for One Low Fee!!**

**Program Highlights**

Membership in both the Ontario Brain Injury Association (OBIA) and the Brain Injury Association of London and Region (BIALR). Individual members shall be entitled to one vote at both BIALR and OBIA's Annual General Meeting. Family members shall be entitled to no more than two at both BIALR and OBIA's Annual General Meeting.

Membership in Community Support Network/Reseau De Soutien Communautaire (CSN/RSC) is available to individuals and families who support the aims and objectives of participating community associations and OBIA. Corporations, associations, partnerships, or other types of organizations are welcome to support participating community associations and OBIA by listing or advertising in the online ABI Directory of Services, but may not hold CSN/RSC membership.

Members will receive a one-year subscription to OBIA Review and The Monarch newsletter.

Members may participate in the Peer Support Mentoring Program for People Living with ABI.

Members will have free access to OBIA's resource library and be eligible for a \$25.00 discount on most of OBIA's training programs.

**All membership fees are equally divided between OBIA and BIALR**

**OBIA & BIALR Dual Membership Application Form**

Name: \_\_\_\_\_

Address 1 \_\_\_\_\_

Address 2 \_\_\_\_\_

City: \_\_\_\_\_ Postal Code \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Yes!** I wish to purchase a Dual Membership and I understand that I will hold membership to both Ontario Brain Injury Association and the Brain Injury Association of London & Region.

**Annual Membership Fees:**

Individual \$30

Family \$50

Subsidized \$5

**Please make cheque payable to Ontario Brain Injury Association or pay using:**

Visa

MasterCard

American Express

Card Number: \_\_\_\_\_ Expiry \_\_\_\_\_ / \_\_\_\_\_

**Ontario Brain Injury Association**

PO Box 2338

St. Catharines, ON L2R 7R9

obia@obia.on.ca

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# **BRAIN BASICS**

## **Training Program**

***For Health Care Workers and Caregivers  
Of  
Acquired Brain Injury***



### **Modules of the Program**

- Module 1 ♦ Parts and Functions of the Brain**
- Module 2 ♦ ABI: Types and Causes**
- Module 3 ♦ ABI: General Strategies**
- Module 4 ♦ ABI: Consequences and Strategies: Physical**
- Module 5 ♦ ABI: Consequences and Strategies: Cognitive**
- Module 6 ♦ ABI: Consequences and Strategies: Behavioural**
- Module 7 ♦ Support Roles: Team and Family**

**Date:** October 6 - 7, 2010  
**Location:** Victory Branch Legion  
311 Oakland Avenue, London, ON N5W 4J5  
**Time:** 8:30 a.m. - 4:30 p.m. (daily)  
**Cost:** \$250

*For Further Information Please Call 519-642-4539 (Local)*

**OR**

*OBIA at 1-800-263-5404; e-mail [obia@obia.on.ca](mailto:obia@obia.on.ca)*

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*Presented by the Ontario Brain Injury Association  
In Conjunction With The  
Brain Injury Association of London*



# Thirteenth Annual Brain Injury Conference

## Brain Injury GPS: Navigating through Recovery

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## An important message to our supporters

The Brain Injury Association of London & Region places a high value on our relationship with you, our donors. Without your support we would not be able to achieve our mission to provide support, education, advocacy and raise public awareness of brain injury. We thank you for your commitment to us.

We believe that transparency and accountability are essential to our success. With this in mind, we have recently joined Imagine Canada's Ethical Code Program.

The Ethical Fundraising and Financial Accountability Code lays out a set of standards for charitable organizations to manage and report their financial affairs responsibly. By adhering to these standards, we are complying with generally accepted practices for soliciting and managing donor dollars. This is important because you, our supporters, are entitled to transparency and the greatest impact possible for your investment in us.

If you have any questions about our adherence to the Ethical Code, please feel free to contact Donna Thomson at 519 642-4539 or to request a copy of our financial statements. You can also download the Ethical Code itself by going to [www.imaginecanada.ca](http://www.imaginecanada.ca).



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# Ask a Lawyer

Joni Dobson

## Is My Insurer Harassing Me?

Making claims for insurance benefits after you have been injured can be a trying experience. This is particularly so where your auto insurer questions your entitlement to receive income replacement benefits, or requests that you attend a medical examination to determine if proposed rehabilitation is "reasonable and necessary". Similarly, your disability insurer may take a long time to decide if you are "totally disabled," and ask for a lot of medical evidence of your disability. After filling out numerous forms, providing medical records and undergoing multiple medical examinations requested by the insurer, you start to wonder if your insurer is harassing you.

Although the seemingly endless requests by the

insurer may feel like harassment, the proper question to ask is whether the insurer is acting in good faith. Your insurer owes a duty of utmost good faith and fair dealing when handling your claim. That duty requires the insurer to assess your claim with reasonable promptness, to pay benefits in a timely manner, to fairly assess the merits of your claim, and in so doing, to interpret the insurance policy in a reasonable manner. The insurer should not treat you as an adversary. Having said that, the insurer does have the right to fully assess and even scrutinize your claim. That means the insurer is entitled to look at relevant medical records and ask you to undergo reasonable medical assessments. This is how the insurer protects itself from fraudulent claims.

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**brain injury, chronic pain**  
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How, then, do you know when the insurer has crossed the line between fully assessing and scrutinizing your claim for benefits, and failing to act in

good faith? The cumulative conduct of the insurer is important to consider.

Some indicators are as follows:

*The insurer has repeatedly delayed payment of benefits or has often been late to respond to treatment plans;*

*The insurer has made many requests for medical examinations in a short period of time when there has been no evidence of a change or expected change in your condition;*

*You have been requested to undergo medical examinations by assessors who have no specialization or little experience treating your particular injury or impairment; or*

*The insurer has denied benefits without complying with its own obligations under the policy.*

Remember that the insurer must have the proper information to handle your claim. Sometimes, multiple requests for assessments arise because the insurer does not have the information needed to determine what benefits it must pay. You, your lawyer, or your treatment providers should ensure the insurer has up to date medical information, information about your employment or income (if the benefit you are claiming is related to income

replacement), and information about your ability to complete your activities of daily living. If you have provided necessary information, but suspect your insurer is not adjusting your claim in good faith, you may need to speak to a lawyer to determine the best way to address your concerns. The best rule of thumb is this: if it feels like harassment, it's time to ask some questions.



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The 9th Annual

# London Brain Injury Golf Classic

Proceeds benefit Brain Injury Treatment and Awareness

**Thursday, September 23, 2010**

Greenhills Golf Club, London Ontario

Breakfast & Registration 9:00 a.m. to 10:15 a.m.

10:30 a.m. Tee Time

Presented by:

H.A.B.I.T. (Helping Acquired Brain Injury Treatment) and  
The Brain Injury Association of London & Region

If your company/business would like to Sponsor a hole or donate a prize, please contact us at 672-4942.

I'd like to come for dinner only

Yes, I would like to golf

Name- \_\_\_\_\_

Address- \_\_\_\_\_

Phone- \_\_\_\_\_

E-mail- \_\_\_\_\_

Yes, I would like to sponsor a hole

Name to appear on  
sponsorship sign-- \_\_\_\_\_

For further information or  
registration forms contact:  
Lisa c/o H.A.B.I.T 672-4942  
or habit@rogers.com

Registration fee includes fees, entry into  
"On-The-Green" Contest, cart, lunch and dinner  
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\$225.00 per participant on or after August 1st  
\$ 50.00 for dinner only  
\$200.00 for hole sponsorship

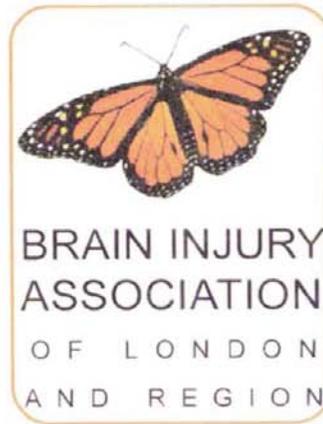
Total Owing- \_\_\_\_\_

Please fax or mail forms to: Lisa Bradshaw, Leners P.O. Box 2335, 80 Dufferin Ave. London, ON N6A 4G4

Please make cheques payable to H.A.B.I.T. Brain Injury Golf Classic.



# ANNUAL REPORT



## Year Ending March 31, 2010

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### MISSION STATEMENT

To maximize the quality of life of individuals with brain injury  
their families and friends through:

- Peer and Community Support
- Information about services, resources and programs
- Public awareness of the causes, impact and prevention of brain injury
- Advocacy on behalf of those affected

---

### Brain Injury Association of London & Region

560 Wellington Street, Lower Level, London ON N6A 3R4

Phone (519) 642-4539 Toll Free 1-888-642-4539 Fax (519) 642-4124

Email: [info@braininjurylondon.on.ca](mailto:info@braininjurylondon.on.ca)

[www.braininjurylondon.on.ca](http://www.braininjurylondon.on.ca)

Registered Charitable Number: 13909 3736 RR0001

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Robin Tugender

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Talaal Bond

Jamie Fairles  
Yvonne Pollard

**Executive Director:** Donna Thomson

**Vice President:** Lisa Fraser

**Secretary:** Sari Shatil

**Program Assistant:** Becky LeCouter

The Brain Injury Association of London & Region is a non profit registered charity and a recognized affiliate of the Ontario Brain Injury Association. Our mission is to improve the quality of life of people with brain injury through support, information, public awareness and advocacy.

Our association supports the counties of Oxford, Elgin, Huron, Perth and Middlesex with services such as support groups, respite care, peer support mentoring program, advocacy and a quarterly journal. (The Monarch). In addition, we hold an annual conference, provide public awareness presentations and publish a brain injury services directory. Well over 80 volunteers fill important roles in the provision of our services and we serve as a teaching agency for several professional programs at the University of Western Ontario and Fanshawe College. We are active members of the Acquired Brain Injury Network of Southwestern Ontario.

### Presidents Report

Well it is hard to believe that another year has come and gone. As I reflect on the accomplishments that the Brain Injury Association of London and Region has made over the past year, I am very proud to be a part of this great organization.

First I want to acknowledge the hard work of the amazing board members; they give freely of their time to help make this organization what it is today. And a special thanks to our Executive Director, Donna Thomson, for always leading us in the right direction.

The Brain Injury Association of London and Region has come a long way this year, with the highlight being the inception of the Brainwaves Radio show on AM980. There are some exciting new initiatives that we are planning for the coming year, so stay tuned.

We are very proud to have offered our support groups, enabling us to reach more communities, families and clients living with the affects of a brain injury. Our new publication, The Monarch Junior is an amazing resource for pediatric information.

It has been my pleasure and honor to serve on this board filled with such enthusiastic and goal orientated members. I know that this board and the in-coming board are certainly focused on guiding the Brain Injury Association of London and Region to higher levels of success and exposure.

As we stand on the threshold of a new year this will be an exciting and prosperous year for the Brain Injury Association of London and Region. I look forward to many more great things in this coming year.

*Mary Carter, President*

### Treasurers Report

The year ended March 31, 2010 was a strong financial year for the Brain Injury Association of London and Region. Our yearend financial statements report an excess of revenues over expenses of \$9,895 and an increase in our unrestricted yearend cash balance to just over \$50,000.

There are many reasons to celebrate a strong fiscal performance during a year when times were tight. Our charity relies on its volunteers and donors to allow us to continue to serve our region to educate people about brain injury and to help those whose lives have been affected by brain injury.

An excess of cash is required in our organization to assist us through times of the year when our expenses exceed our revenues, to ensure our ability to remunerate our

Executive Director and administrative support and to fund the upfront costs of our fundraising and educational events. In addition, financial resources are needed in order for us to offer our current programs and to successfully generate new ideas which can be transformed into new programs to address brain injury in the communities of our region.

Once again, many thanks go out for the tremendous support we obtain from our sponsors and volunteers. Our organization has been blessed with the support of individuals and organizations that come through for us time and time again.

We look forward to another great year helping!

*Gary Phelps, Treasurer*

## Balance Sheet\*\*

|                            | March 31, 2010 | March 31, 2009 |
|----------------------------|----------------|----------------|
| <b>Assets</b>              |                |                |
| Cash                       | \$ 75,175      | \$ 61,403      |
| Other Asset                | <u>17,900</u>  | <u>15,677</u>  |
|                            | \$ 93,075      | \$ 77,080      |
| <b>Liabilities</b>         |                |                |
| Accounts payable           | \$ 8,128       | \$ 2,001       |
| Deferred income            | 30,237         | 30,264         |
| Unrestricted net assets    | <u>54,710</u>  | <u>48,815</u>  |
|                            | \$ 93,075      | \$ 77,080      |
| <b>Operating Statement</b> |                |                |
| Net Revenue                | \$159,196      | \$163,349      |
| Net Expenses               | <u>149,301</u> | <u>157,144</u> |
| Surplus                    | \$ 9,895       | \$ 6,205       |

\*\*A full copy of our Audited March 31, 2010 financial statements can be obtained by contacting the office.

## Executive Director Report

The Brain Injury Association of London & Region continues to strive to fulfill our mission of providing support, education, advocacy and increase awareness of needs of the brain injured community. We do this by expanding the services we provide and advocating for the survivors and their families that feel disenfranchised since acquiring a brain injury. We receive calls from these people who are seeking guidance because their lives have drastically changed since their injury. When someone is new to brain injury, the Association is able to suggest services or other helpful avenues that the person or family is in dire need of. Our monthly support groups are just one of the services we provide that many people find comforting. The Peer Support Mentor Program, now in its fourth year, is another successful program that many people take advantage of and find solace in the fact they can speak with somebody who can truly empathize. The Peer Mentor Program is an example of the cohesiveness of the Community Support Network, which includes the Ontario Brain Injury Association and the twenty one community associations that all strive to fulfill our missions to aid the brain injured communities in each respective catchment area.

Beyond providing an educational workshop, annual conference, and the Brain Basics course we develop customized presentations to community groups and other institutions outside the realm of brain injury and we are happy to see more requests come in to the office.

I have the honour of working with an incredibly versatile and innovative group of people that make up our Board of Directors and all of our volunteers. The backbone of the Association is through the efforts put forth by the committees and student interns. Many thanks go to the Fanshawe and UWO students who choose to consolidate their learning at our organization, as well as Fundraising, Conference, Community Awareness, Editorial, and Governance committees for all of your efforts.

I would like to take this opportunity to thank all of the financial contributors that provide the means for us to continue to provide the services we offer.

*Donna Thomson,  
Executive Director*

# Organization Overview



## About Us

- Registered charity
- Incorporated 1986
- In its 23<sup>rd</sup> year of providing services to Middlesex, Oxford, Elgin, Perth & Huron
- Provides support, education, advocacy & public awareness of brain injury

---

## Services Provided

### Support

- Monthly Support Groups in Elgin, Oxford,
- Perth, Huron, London/Middlesex counties
- Two support groups are offered in Woodstock
- Peer Support Mentoring Program
- Age 18-30 Social Group
- Social/Leisure Group in Perth  
\*\*New\*\*
- Respite Care Program

### Advocacy

- Assist Survivors & Families with Issues
- Brain Injury Services Directory
- Camp Dawn partnership

### Education

- Annual Brain Injury Conference
- Workshops
- Brain Basics Course
- The Monarch Quarterly newsletter
- The Monarch Junior –pediatric edition- \*\*New June 2010\*\*
- Resource materials

### Awareness

- Host of weekly Brainwaves radio show on AM980
- Helmets on Kids partnership
- Public Awareness Presentations
- Helmet Fitting Training
- Helmet Fitting Clinics

---

## Partnerships

### Helmets on Kids

Raise funds to purchase & distribute helmets to needy children

Partners include:

- Ontario Trial Lawyers Association
- London Health Sciences Centre
- Thames Valley School Board
- London District Catholic School Board
- Brain Injury Association of London & Region

### OBIA Advisory Council

Conduct advocacy on a provincial level and to set province wide standards.

Partners include

- Ontario Brain Injury Association (OBIA)
- All 19 Community Brain Injury Associations

### Camp Dawn

An annual weekend retreat for survivors of brain injury. The Association was a founding partner of Camp Dawn, which is now a registered charity. The Association continues to provide much support to the Camp initiative and our Executive Director serves on the Camp Dawn Board.

### London Brain Injury Golf Classic

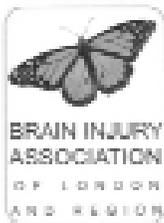
Co-Host charity fundraising golf tournament

Partner:

Helping Acquired Brain Injury Treatment (H.A.B.I.T.)

*In addition to the partnerships listed, our Executive Director represents the Association within several local and provincial organizations.*

---



## Monthly Support Groups

After taking a break over the summer, the Support Groups will resume meeting in September. The following is a list of the current groups, their time & place of meetings. Information is also available on our website at [www.braininjurylondon.on.ca](http://www.braininjurylondon.on.ca) or by contacting Becky at either (519) 642-4539 or by email [support@braininjurylondon.on.ca](mailto:support@braininjurylondon.on.ca).

### London/Middlesex

First Baptist Church  
568 Richmond Street  
London, ON  
**Last Thursday of Each Month**  
September 30, October 28, November 25 2010

### Oxford County

Woodstock Public Library  
445 Hunter Street  
Woodstock, ON  
**Third Thursday of Each Month from 6:30 to 8:30 p.m.**  
September 16, October 21, November 18, 2010

### Oxford County

OMHA Oxford Branch  
522 Peel Street  
Woodstock, ON  
**Last Tuesday of Each Month**  
September 28, October 26, November 30/10

### Social Group for Age 18-30

Cornerstone Clubhouse  
781 Richmond St N  
London, Ontario  
**First Thursday of each month**  
September 2, 2010  
October 7, 2010  
November 4, 2010  
December 2, 2010

### Perth Social Leisure Group

Central United Church  
194 Avondale Ave.  
Stratford, Ontario  
**Every Wednesday of the month**  
1:00-4:00 pm

### Elgin & Huron Counties

Dates/times yet to be determined.

### Perth County

Zehrs Markets  
2<sup>nd</sup> Floor Community Room  
865 Ontario Street  
Stratford ON  
**Last Tuesday of Each Month**  
September 28, October 26, November 30 2010



Inclusive Health Care Management

*Enhancing Community Inclusion and Participation*

*We are pleased to announce that  
Carolina Cohoon B.A. Rehab Therapist (Spanish)  
Laurie Van Eindhoven BSW, MSW  
have joined our team*

*We are now accepting new referrals for:*

- **Case Management**
- **Rehabilitation Therapy**
- **Case Coordination Task Assignments**
- **Social Work**

#### **Mission Statement**

*Focusing on specific and identified individual needs, InCare aims to improve the quality of life of persons with a disability*

For further information on our services please visit our website at [www.incarehealth.com](http://www.incarehealth.com) or contact us at

InCare PO Box 309 Grand Bend, Ontario N0M 1T0  
Phone 519 238-2021 Fax 519 238-2047





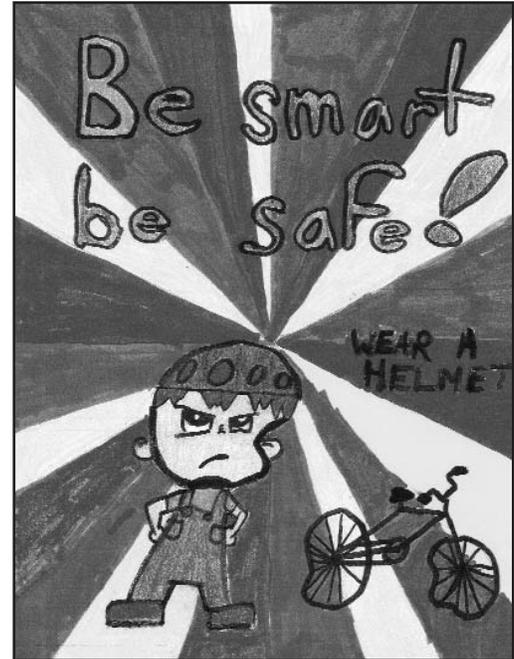
# HELMETS ON KIDS

*A Community Partnership*



## Poster and Essay Contest Winners

(see winning essay on facing page)

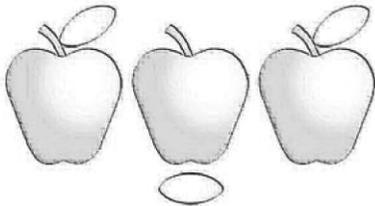


**Cora MacKenzie Gardener**

Pierre Elliott Trudeau French Immersion  
Public School, St. Thomas, ON  
Grade 4 Poster Contest Winning Entry  
Thames Valley District School Board

## Daywill Consulting

“Effective & Efficient Case Management”



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Rehabilitation Consultant

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(Specialize in Acquired Brain Injury)

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London, Ontario N5W 5N5

**(519) 659-8799**



**Ayden McRae,**

St. Charles Catholic School, Glencoe, ON  
Grade 4 Poster Contest Winning Entry  
London District Catholic SchoolBoard



# Bike Helmets

## For your head, not your handlebars

By: Donna Lowe  
Blenheim District Public School

It's that little, plastic bowl that your mom is always yelling at us to put on, it's our bike helmet. We wouldn't ride in a car without the seatbelt so why do we ride our bikes without our helmet? Well that's a question that's not too easily answered but it's a problem that can be solved. In order to convince kids to buckle up that bike helmet we need show them the dangers and ultimately make the costs of not wearing it outweigh the reasons not to. Besides, the fact that it's against the law, a bike helmet is the best protection against injury in an accident. To solve this biking blunder, helmets need to become accepted and "cool" in the eyes of the users. Believe it or not, the law regarding bike helmets is a grey area for many kids. Children need to be educated on the rules and regulations of bike helmets in Ontario. Children eighteen and under are required by law to wear a bicycle helmet, with a seventy five dollar fine for non-compliance. Getting this information out to kids will carve the message in stone and let them know it is not a topic to be taken lightly.

It's key that we advertise and inform children of the enormity of the risks that arise when biking without a helmet. Roughly three quarters of all biking fatalities are due to head related injuries, but many kids just assume it won't happen to them, "It's always going to be someone else." If we have people, possibly police officers discussing these laws and statistics with students in school it can give children the opportunity to make informed decisions about their bike helmets. "Knowledge is power", so it's crucial that we provide bikers with the information that they need.

Lastly and most importantly, we need to make bike helmets an accepted part of communities. More

often than not kids simply aren't wearing their helmets because it's not cool. If bike rallies and fun events based on bike safety were held in communities at parks or libraries, the percentage of people wearing bike helmets would increase because the subject has been openly discussed. Having biking competitions and other community events where kids of all ages can come to learn about bike safety, as well as enjoying themselves, will show kids that helmets are cool and that it is okay to wear a helmet. It's time to take the issue of bike helmets to the streets.

Whether it's talking to kids in schools or taking the information to the streets, it will all be beneficial. Buckled helmets can become a common practice in communities across Ontario as soon as we bring the issue to the forefront in the lives of kids. Rallies and school visits will help to deliver the information to the audience. Accepted bike helmets are just a pedal away for kids in Ontario.



**Moving Towards Wellness Ltd.**  
P.O. Box 1055 Clinton, ON N0M 1L0  
Tel: 519 482-7181 Fax: 519 482-3799  
E-mail: mhw.mtw@hurontel.on.ca  
Website: www.movingtowardswellness.com

**Mary Hansen, RRP, CCRC**  
*Director and Senior Consultant*  
**Dot Ditner, Office Manager**

#### Services Offered by Moving Towards Wellness Ltd:

- Catastrophic Case File Management
- Life Care Planning and Report
- Co-ordination of Medical & Rehabilitation Management
- Return to Work Planning
- Vocational Consulting and Assessments
- Adjustment Counselling (Social Work)
- In Home Assessments: Activities of Daily Living and Assessment of Attendant Care
- Facilitation of Return to Work
- Ergonomic Assessments and Implementation
- Job Site Assessments with Physical Demands Analysis
- Therapy Intervention Programs: Recreation & Rehabilitation, Home Exercise, Aquatic Rehabilitation, Community Based Programs

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MIDWESTERN AND SOUTHWESTERN ONTARIO*



**Cornerstone Clubhouse**

**"A day and evening program for adults living with the effects of an acquired brain injury."**

|  |  |
|--|--|
| 781 Richmond St. N.,<br>London, Ontario, N6A3H4<br>Tel: 519-679-6809<br>Fax: 519-679-6988<br>E-mail: <a href="mailto:cornerstoneclubhouse@rogers.com">cornerstoneclubhouse@rogers.com</a><br>Website: <a href="http://www.cornerstoneclubhouse.com">www.cornerstoneclubhouse.com</a> | <ul style="list-style-type: none"><li>• A place to come and belong</li><li>• The opportunity for meaningful work</li><li>• The opportunity for meaningful relationships</li></ul> <p style="text-align: center;"><b>"Supporting Success"</b></p> |
|--|--|





# HELMETS ON KIDS

## *A Community Partnership*

9<sup>th</sup> Annual Campaign Kick off a Success!

On June 17, 2010, representatives from the Helmets on Kids Community Partnership were at Blessed Sacrament School to celebrate the distribution of 1,400 bike helmets to children in our area.

In addition, three new bicycles were awarded to winners of a contest. The winners were: Grade 8 student, Donna Lowe, for her essay, on how to convince kids and teens to wear bike helmets and Grade 4 students Ayden McRae and Cora Mackenzie Gardner for their posters on why children should wear helmets.

Many thanks go to Barb Legate for her generous donation of the bicycles!

**We would like to express our gratitude for those who contributed to the success of our  
9th Annual Helmets on Kids Campaign**

### **Financial Contributors**

|                                     |                                 |
|-------------------------------------|---------------------------------|
| Andrew Murray                       | Legate and Associates           |
| Andrew Orkin                        | M. Paul Downs                   |
| Anne Marie Frauts                   | McKellar Structured Settlements |
| Artery Studios                      | PricewaterhouseCoopers          |
| Body Mechanics Physiotherapy        | Rehabilitation Management Inc.  |
| Cognitive & Communications Services | Siskinds                        |
| Ember Services                      | TD Bank Financial Group         |
| Global Resolutions Inc.             | Thomson Mahoney Dobson Delorey  |
| Good Law Office                     | Truppe Health Care              |
| Judith Hull & Associates            | Wortley Road Public School      |

### **Helmets on Kids Partners and their organizations:**

|                                      |  |
|--------------------------------------|--|
| Ontario Trial Lawyers represented by | London District Catholic School Board        |
| Legate & Associates                  | London/Middlesex Health Unit                 |
| Lerners LLP                          | London Health Sciences Centre Trauma Program |
| Siskinds LLP                         | Brain Injury Association of London & Region  |
| Thames Valley District School Board  | London Police                                |

A very special thank you to the pupils at Wortley Road Public School for their fundraising efforts on behalf of Helmets on Kids.



## 9th Annual Helmets on Kids Campaign was a great success.

This year's event was held at Blessed Sacrament School on June 17, 2010.

Thank you to all the sponsors listed on the facing page. We could not do it without them, and we are very grateful for their support.



Community based  
Rehabilitation Support Services  
for children and adults  
who have an  
acquired brain injury

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**Our Rehabilitation Support Services are offered throughout Ontario.**

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**519-575-2002  
tbyrne@bartimaeus.com**



# Celebrating the Life of Mary Catherine Ann

Deb Wilson-MacLeod, Facilitator, Cornerstone Clubhouse

On July 28, 2010 Mary Catherine Ann (Director of Cornerstone Clubhouse) passed away after a lengthy battle with a brain tumour. Mary was a passionate and caring advocate for the Clubhouse. Under her leadership, Cornerstone Clubhouse became the first and only brain injury Clubhouse in the world to receive two consecutive accreditations with The International Centre for Clubhouse Development (ICCD). In recent years, Mary was successful in founding The International Brain Injury Clubhouses Alliance (IBICA). She was also a founding member of the Southwestern Ontario Brain Injury Network (SWOBIN).



she was becoming more ill, she still had room to laugh. It is the sign of a true leader! I know that because of her upbeat personality and good ideas. I will never forget her.”

Those of us who worked with Mary over the years can testify to her tenacity in the face of adversity and to her ability to laugh at herself, (but never others). She was a unique and talented individual. Although she worked on her computer every day, she held no love for new technology and we were always able to have a good laugh over this fact. Her

The Members and Facilitators of Cornerstone Clubhouse will miss Mary very much. She was a person who knew how to enjoy life to the fullest. Member Andrew Tankus summarized her loss this way: “If Mary were here she would say, ‘enough of this, it’s time to move on to the next item on the list of things to do’, just as she would say at our meetings.” That about says it all; Mary was a mover and a shaker, a not-so-secret chocolate lover, and a person who believed in challenging others to be the best they can be. Her compassion and caring for both Members and colleagues is evident in Norm Shepherd’s words: “Mary was always on the go and had a very pleasant personality most days. There were times though, when she could be tough when she had to be. When a job had to be done, Mary could see to it that it was completed on time. I remember her smiling face while taking a joke or even being the butt of a joke. Pretty good for a boss! She loved to go out on trips with the group and often times she was the life of the party. She loved to laugh and even though toward the end when

passion and vitality lives on in the people whose lives she touched.

Cornerstone Clubhouse will be holding a celebration of Mary’s life at the Clubhouse on September 22, 2010 3-6 p.m.



## PARKWOOD HOSPITAL

### Driver Assessment Rehabilitation Program Ministry of Transportation Approved Driving Assessment Centre

Driver rehabilitation services provided by experienced Occupational Therapists and licensed driving instructors. We specialize in driver assessment and rehabilitation services for:

- ◆ persons whose changed health status due to trauma, illness and natural aging
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- ◆ Clinical Assessment
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- ◆ Psychology services to assist with anxiety and post traumatic stress issues relates to driving
- ◆ Full certificate driver education program for new drivers with physical and/or learning disabilities
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- ◆ Equipment and Vehicle Modifications
- ◆ In car driver training

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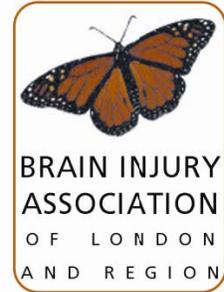
**Our Address**  
801 Commissioners Road East  
London, Ontario N6C 5J1





# SELF-ADVOCACY

A Partnership between



## **Brain Injury Association of London and Region (BIA London)** and **Dale Brain Injury Services (DBIS)**

**We are extremely pleased to announce that as of August 2010, BIA London and DBIS formed a Self Advocacy Partnership. A representative from BIA London is now available to clients and families/caregivers at DBIS to provide support and education in regards to how to advocate for themselves. This partnership will support DBIS in its efforts to maintain a high quality of services for its clients and will assist DBIS in its ongoing commitment to continuous quality improvement.**

- ❖ BIA London and DBIS are funded separately and are separate organizations.
- ❖ DBIS and BIA London are committed to client centered care, self-advocacy, and empowerment of clients and their families/caregivers
- ❖ Among its services BIA London provides support, education and advocacy to individuals living with the effects of brain injury and their family/caregivers in Oxford, Elgin, Huron, Perth and Middlesex counties.
- ❖ BIA London will meet with individuals and/or families to provide education in regards to effective self-advocacy, and will teach them how to plan, prepare, and develop a clear message.
- ❖ BIA London will also be available to provide education seminars to groups of clients/families/caregivers in regards to effective advocacy.
- ❖ Meetings may occur at a DBIS location, BIA London, or in the community, based on the preference and needs of the individuals involved.
- ❖ The BIA London representative, Donna Thomson, can be reached at 519-642-4539 or by email at [info@braininjurylondon.on.ca](mailto:info@braininjurylondon.on.ca)



# When They Don't Believe You Have a Brain Injury - Fact Sheet

Often someone with a brain injury has no outward signs of injury, and may have trouble convincing others that they do have a disability.

***"My insurance company says I am better and don't need any more rehabilitation."***

***"Mom and dad say it's all in my head, that I'm making all this up."***

***"The boss thinks I look fine and should be able to handle the huge workloads again."***

Brain injury is often called the invisible disability because a person may outwardly appear to be unaffected, particularly if the cause was a brain tumour, near drowning or drugs. Even when the injury is caused by trauma such as a motor vehicle accident, the scars may heal so well that the person appears to be fully recovered.

Unfortunately even a so-called 'mild' brain injury can leave a person facing deficits in memory, concentration, motivation, fatigue, stress, and reduced self-awareness. People who acquire a brain injury

often find that family; employers and friends have trouble accepting there can still be problems when there is no physical evidence.

Family members often have the most trouble understanding the invisible nature of acquired brain injury. With effort, the effects of a mild to moderate brain injury can often be hidden or compensated for so that most people will not detect any problems. But families get to see beyond the 'public face' due to the amount of time they spend together.

After the brain injury the family is frequently confronted with a 'new' personality - a family member who may be negative, unmotivated, unable to carry tasks through to completion, constantly forgetting things, unable to take others' needs into account and prone to depression or angry outbursts.

Before the brain injury, the person usually had some degree of control over these areas and how they chose to act and speak. Now they have lost these abilities and may only regain some control through compensatory strategies, if at all.

## **HOW TO CONVINC OTHERS**

How do you convince skeptical family or friends that you do have a brain injury? Trying to discuss the

## Serious injury requires care

... delivered by specially trained caregivers

At Bayshore Home Health, we understand the needs of people with serious injuries and are committed to providing the expert care they deserve.

Our nurses and caregivers are specially trained to deliver the highest level of serious injury care, and draw knowledge from internal clinical consultants in areas such as wound, fracture, amputation, spinal cord and acquired brain injury care.

We also offer a range of attendant care services, including personal hygiene, dressing, meal preparation, feeding, light housekeeping and companionship. Our services are available through more than 30 offices across Canada, supported by a National Care Team that provides a convenient, central point of contact.

Experience the Bayshore *Difference*: expert and reliable serious injury care delivered by dedicated specialists.

To learn more, please call our London branch at 519.438.6313 / 1.877.438.6315.

Better care for a better life



[www.bayshore.ca](http://www.bayshore.ca)

**Bayshore**  
Home Health



issue is often difficult. Family members are often resentful if they have been coping with some of the more unpleasant sides of a brain injury, such as anger or self centredness. Discussions can break down into recriminations and the brain injury can be seen as a weak excuse for inappropriate behaviour.

Families often come to an understanding of acquired brain injury through simply reading about it. Previously their ideas may have been based on what they had seen in movies-a person is knocked briefly unconscious, forgets who they are, their memory is restored by another bump to the head, and then they are fine again.

There is a wealth of medical research and information showing that even in cases where people were not unconscious; they may face lifelong difficulties with short-term memory, emotional instability and a wide range of other effects - a far cry from the instant recovery portrayed by Hollywood.

### **ONGOING PHYSICAL ISSUES**

Unfortunately, individuals with a brain injury are often left with much more than life-long cognitive effects such as susceptibility to stress, inability to work, memory problems and extreme fatigue. Traumatic Brain Injury often leaves lasting effects in terms of musculoskeletal problems, migraines, auditory and visual disabilities or neuroendocrine disorders. Insurance companies and generic rehabilitation services are often unaware of the frequently ongoing nature of deficits from traumatic brain injury and that a 'return to normal health' does not occur in the majority of cases. In some cases individuals need to take legal action to obtain the rehabilitation and support that their insurance guarantees.

There is a public perception that legal compensation payouts are often very large; but such multi-million dollar awards take into account that the person will need cognitive and physical therapy or support for the rest of their lives.

### **WHAT ABOUT THE ULTIMATE SCEPTICS?**

Some people may refuse to believe a brain injury exists unless there is firm medical proof. Usually a moderate to severe brain injury leaves scarring that will clearly show on MRI or CAT

scans. The brain does have a limited ability to heal itself; and in milder cases, a scan conducted years or even months after the injury may no longer show evidence, although the cognitive deficits remain.

There is also Diffuse Brain Injury, where the damage occurs at a microscopic level throughout the brain, and will not show on scans despite the huge impact it can have.

In these latter cases a neuropsychological assessment is used to identify a brain injury, its effects and the strategies needed for rehabilitation. Testing includes a variety of different methods for evaluating areas such as attention span, memory, language, new learning, spatial perception, problem solving, social judgment, motor abilities and sensory awareness.

These tests can be quite expensive. Universities offering programs in neuropsychology often provide evaluations at low cost or on a sliding scale as part of their student training.

It is no wonder that brain injury survivors get discouraged when others won't accept that they have this disability, and the survivors have to face criticism instead of support.

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## NEUROTRAUMA REHAB AT PARKWOOD HOSPITAL

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◆ Our team of rehab specialists helps those injured in car or work-related accidents. Our expertise is in neurological trauma including spinal cord and brain injuries.

◆ Please call us if you, your family member or client needs help:

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- Organizing their day
- Finding joy in accomplishments of all kinds
- Exploring strengths and learning new strategies

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Fax: (519) 685-4066

Toll Free: 1-866-484-0445



# Back to School With a Brain Injury Advocating for Your Child

*John Kumpf*

One of the greatest challenges for parents of a child with a Brain Injury is successfully reintegrating him or her into the school system. In my 12 years at the Ontario Brain Injury Association I have been involved with dozens of advocacy cases in which parents have sought help to get the school to understand and meet the needs of their children. From all of these cases and based on my 38 years as an Educator, I have arrived at some conclusions that I think may be useful to Parents and to Educators.

1. Educators cannot accommodate the special needs of a child living with the effects of a brain injury if they are not told about the brain injury. In my 38 year teaching career, I knew of 8 students who had a brain injury. Only 2 were voluntarily identified. The other 6 were identified after a crisis when the parent casually said something like, "Oh, he's been like that ever since he was hit by the bus when he was 8." The school cannot accommodate for needs if those needs are not identified.

2. Volunteering that your child has a brain injury and identifying his or her needs, unfortunately, does not guarantee that the needs will be addressed. It will be a rare Teacher, indeed, who has had any training in the needs of students with a brain injury. In a study done in 2001, none of the Faculties of Education in the Province addressed the needs of students with brain injury in their Pre-Service Program for Teachers. We have made some inroads since, but there is a long way to go; so expect that you will have to educate the educators about your child's injury and his/her special needs.

3. Approach the school staff in a manner that is most likely to result in them looking to you as a valued resource rather than a demanding pain in the neck. Let them know that your child will present some challenges in terms of learning and/or behaviours and you would like to help them to know what is likely to work and what definitely won't work. Putting these tips in writing and keeping a copy is a good idea. Ask for regular feedback on the student's performance and offer to meet if things are not going well. Above all, keep your cool.

4. At special planning sessions such as Individual Planning Review Committee, come equipped with recent reports from doctors, psychologists and therapists. Highlight any recommendations relevant to school programming. For example,

if a report shows that your child suffers from cognitive fatigue and requires an afternoon break, point it out.

5. Be firm in your requests that recommended strategies be followed. If there is resistance, request that a superintendent and/or school psychologist attend a meeting. Don't bet that they will have any more understanding of ABI than the classroom Teacher. If they don't then it is time to get some help and your local Brain Injury Association or the Ontario Brain Injury Association is there to assist.

6. Expect to have to go through the same procedure next September or anytime your child changes teachers, moves to a new school or at a semester change.



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# Advocacy Toolkit

Carla Thoms  
Dianne Radunsky

Support Services Department, Ontario Brain Injury Association (OBIA)

Advocacy is required when barriers prevent the “client” from speaking for themselves.

Sometimes it is necessary to look for others to join in the advocacy process. There are local Brain Injury Associations, the Ontario Brain Injury Association (OBIA) and even other professionals out there that can help you get over or even go around the barriers. Don't be afraid to ask for help, you are not alone.

## Here are some tools we have used to help in the advocacy process.

**Gather Information:** This sounds like a simple thing, but it is more than just having medical documentation (reports, hospital records and assessments). Having a timeline of what has happened from the onset will be helpful if there is a need to recall dates and times. Be sure to utilize the various Health Care, Education, Privacy and Substitute Decision Makers Acts. These various acts can be tremendously useful to any advocacy case since services and providers are bound by these various pieces of legislation. All these Acts can be found on the internet.

**Choose Your Contacts:** Make a list of all the people you may need to contact in order of priority. Ask others for help if you are not sure who to contact or who can help with your issue.

**Obtain Written Consent:** as set out by the Personal Health Information Protection Act (PHIPA), you must have signed consent to request information on someone's behalf. The consent forms from PHIPA can be found on-line. For each person, professional or service you are contacting, you must have the written consent forms completed. When making those contacts, share with them at the beginning of the conversation that you have obtained signed consent from the 'client'. Typically, the person, professional or service will then ask you to fax over the signed consent before continuing the conversation.

Establish rapport with the professionals and or service providers you need help from: This is not always easy to accomplish, especially if the relationship with them has already broken down or deteriorated. This may be the time to

ask another person or professional to mediate on your behalf. It maybe more helpful to have an outsider (with permission) to make these contacts. Someone who is not involved in the issue may be able to dig deeper into the issue and work with you and the professional or service provider to come up with a workable solution for all involved.

When at an impasse, be prepared to take it to the next level: Make sure you have worked out a plan of action so you are aware of what the next steps are. You have to climb the ladder of seniority one

step at a time, you cannot just jump to the top wrung from the bottom one. This may mean that you ask to speak to a Manager, Supervisor, or Director. In other cases this may mean filing an appeal, contacting the Ombudsman, moving up to a

*continued on page 30*



Building a future for someone with an Acquired Brain Injury (ABI) is as individual as each person who participates in our program. Our process and approach are designed to assist every individual to achieve his or her maximum potential for independence. A wide variety of programs and services help us to do this.

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[www.daleservices.on.ca](http://www.daleservices.on.ca)



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higher Court. Getting the media involved should only be considered as a last resort and the timing of this is crucial. Another good contact is your local Member of Parliament (MPP) or the appropriate Member of Provincial Parliament (MP). They may be able to help guide you in your advocacy case or even help to bring the issue forward to Parliament.

#### **Tools that be used when advocating.**

**Phone calls:** Be sure you keep track of who you have contacted and when. That way if you need to follow up with someone or provide more information to them to have a record of your conversations.

**Letter writing:** Occasionally professionals may ask that your requests be put in writing, be sure to keep copies of letters for your file. Also ask other professionals to write letters of support. Again this can be helpful when building an advocacy case especially if you need to take the issue to a higher authority.

**Meetings/Case Conferences:** Don't go alone to meetings or case conferences. Take someone with you who can take notes or even just to hear the information that is being presented. Sometimes we don't always catch all that is being said. Bring your questions with you. This might take some preparation but it is worth it when you forget important question that

you are seeking answers to. Lastly, ask that someone takes meeting minutes and to circulate the minutes to all who have participated. This is important especially if there are items that needed to be follow-up on.

**Hearings or Tribunals:** Again, take someone or a professional to any hearings or tribunals. In some situations, it may require the expertise of legal council.

#### **What does it take to advocate?**

**Time:** This is a big factor when advocating. Understand that it may be a long process, from gathering information to making contacts, getting consent, establishing rapport and going up the ladder. This is where it is helpful to have an advocating team so that various members can be assigned tasks so to not overburden the client or family member. It is also important remember that third party insurers (i.e. Auto Insurance Companies, WSIB etc.) have legislated time periods within their guidelines for responding to treatment plans.

**Intuition:** Not a science, but an art, some of it is gut instinct, however build your advocacy case on documented facts.

**Perseverance:** If at first you don't succeed at going it alone, ask for help.

Above all else ..."never use a cannon when a pea shooter will do!"



## **Brown Beattie O'Donovan LLP** **BARRISTERS & SOLICITORS**

### *WE CAN HELP*

*If you or a family member are suffering the effects of a brain injury or other serious injury, contact Andrew King or Talaal Bond for advice as you may be entitled to benefits and compensation.*



Andrew G. King Q.C.

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Talaal F. Bond



# Accessibility in The City

Submitted by Andrew Tankus, Member of Cornerstone Clubhouse

While attending the first MAT (Moving Ahead Together) conference in 2003, which was organized by Cornerstone Clubhouse and held at King's College, here in London, I met the chairperson of London's Accessibility Advisory Committee and spent some time talking with him. He introduced me to the ODA (Ontarians with Disabilities Act), invited me to attend a conference about the ODA which was also held at King's College, told me about the London Accessibility Advisory Committee and suggested that I put in an application to become a member of this committee.

This was perfect, as I needed to learn more about disability issues since I was labeled by both the Federal and Provincial governments in 2002 as brain injured and unemployable as a result of being diagnosed with Epilepsy in 2001. Now, as a voting member of the City of London's Accessibility Advisory Committee, "What is an Accessibility Advisory Committee (ACCAC) and what does it do? is a question I am asked frequently..

In December 2001, the Ontario Legislature passed the Ontarians with Disabilities Act (ODA 2001) into law. The purpose of the Act is "To improve opportunities for persons with disabilities and to provide for their involvement in the identification, removal and prevention of barriers to their full participation in the life of the province of Ontario".

The term "barriers" includes: physical, informational, communications-related, attitudinal, technological, policies and practices. Each and every municipality with a population of 10,000 people or more shall have an Accessibility Advisory Committee. In existence since 2002, the mandate of the London ACCAC is to advise and assist City Council on all matters pertaining to the inclusion of all persons with disabilities in the services provided by the City of London.

There is a proverb that says, "Charity begins at home", which means, a person's first obligation should be to help the members of his own family before he can begin thinking of talking about helping others. Because, unfortunately, society has chosen not to do this and to ignore the needs and rights of those us with disabilities, I sit on this committee. This is even more apparent when it comes to those with the invisible disability known as 'Brain Injury'. We are often ignored and forgotten, misunderstood and treated disrespectfully.

I have been very fortunate throughout my life and especially since my brain injury, to have people around me that care about me and my wellbeing. I and others that feel the way I do about these issues, sit on committees just like this one around the province with the hope and intention of creating a truly inclusive society for all.

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#### Phone:

Ike: 519-645-7393

Fax: 519-645-6195

Email: (Ike) elindenburger@yahoo.ca

Helena: 519-280-5196

Email: (Helena)

helena.wood@sympatico.ca

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## Upcoming Conferences and Events

For a great reference of upcoming Brain Injury conferences around the world, mark this website as a favourite!

[http://www.northeastcenter.com/brain\\_injury\\_conference\\_event.htm#top](http://www.northeastcenter.com/brain_injury_conference_event.htm#top)

**What:** Camp Dawn  
**When:** September 16-19, 2010  
**Where:** Camp Trillium Rainbow Lake  
**Contact:** [www.campdawn.ca](http://www.campdawn.ca)

**What:** Camp Dawn Annual General Meeting  
**When:** September 18, 2010  
**Where:** Camp Trillium, Rainbow Lake

**What:** London Brain Injury Charity Golf Classic  
**When:** September 23, 2010  
**Where:** Greenhills Golf Club, London, Ontario  
**Contact:** [habit@rogers.com](mailto:habit@rogers.com)

**What:** Brain Basics  
**When:** October 5, 6, 2010  
**Where:** Victory Legion, 311 Oakland Ave, London  
**Contact:** OBIA 1-800-263-5404 OR BIA London 519 642-4539

**What:** Brain Injury Association of Niagara presents: A Hero's Journey: Trauma, Transitions and Thriving  
**When:** October 21, 2010  
**Where:** Americana Conference Resort and Spa, Niagara Falls, Ontario  
**Contact:** Brain Injury Association of Niagara  
**Phone:** 905-984-5058  
**Email:** [bianstaf@niagara.com](mailto:bianstaf@niagara.com)  
**Web:** [www.niagara.com/bian](http://www.niagara.com/bian)

**What:** Mindworks presents Cognitive Rehabilitation: The Quadraphonic Approach  
**When:** October 21-22, 2010  
**Where:** Peterborough, Ontario  
**Contact:** MindWorks  
**Phone:** 705-741-3412  
**Email:** [admin@mindworksgroup.ca](mailto:admin@mindworksgroup.ca)  
**Web:** [www.mindworksgroup.ca](http://www.mindworksgroup.ca)

**What:** Ontario Brain Injury Association Certificate Course: Children and Youth with Acquired Brain Injury - Level 1  
**When:** November 5-6, 2010  
**Where:** Quality Inn and Convention Centre, St. Catharines, Ontario  
**Contact:** Ruth Wilcock or Debbie Spaulding  
**Phone:** 1-800-263-5404  
**Email:** [obia@obia.on.ca](mailto:obia@obia.on.ca)  
**Web:** [www.obia.on.ca](http://www.obia.on.ca)

**What:** Toronto ABI Network Conference 2010: Challenging the Challenges  
**When:** November 8-9, 2010  
**Where:** Hilton Toronto, Toronto, Ontario  
**Contact:** Robert Jessop, Toronto ABI Network  
**Phone:** 416-597-3422 ext. 3726

**Email:** [jessop.robert@torontorehab.on.ca](mailto:jessop.robert@torontorehab.on.ca)  
**Web:** [www.abinetwork.ca/conference2010](http://www.abinetwork.ca/conference2010)

**What:** M.D.M. Reporting Services will be holding their 3rd Annual Charity Dinner & Casino Night in support of the Brain Injury Association of London & Region  
**When:** November 20, 2010  
**Watch:** [www.braininjurylondon.on.ca](http://www.braininjurylondon.on.ca) for further details



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