



Parkwood Institute Acquired Brain Injury Survivor and Family Education Series

Spring 2017 Schedule

The survivor and family education series is a forum open to individuals with acquired brain injury, their family, and friends. The goals of the series are to share education and information, provide opportunities to meet other individuals and family members affected by brain injury, and to encourage peer support.

Sessions are Tuesday evenings 6:30-8 pm. In London, the sessions are held in the Parkwood Institute Auditorium (Room B2-109) on the main level of the Main Building. The sessions will be broadcast via webinar to locations in: Grand Bend, Owen Sound, Sarnia and Windsor. Other locations may become available prior to the series beginning. Please contact Kelly at kelly.williston@sjhc.london.on.ca for more information on additional sites and locations.

People may also login and watch by clicking on the session in which they would like to participate in on St. Joseph's Health Care London's: <https://www.sjhc.london.on.ca/events/brain-injury-survivor-and-family-education-series>

April 4th

Brain Injury 101 – Part 1

Speaker: Kelly Williston, Occupational Therapist

This session provides an overview of the structure and function of the brain and what goes wrong when an injury happens, as a basis for understanding the changes that occur in an individual following a brain injury. The presenters will describe some of the physical, cognitive, emotional, social and behavioural consequences of brain injuries and offer some examples of strategies for managing these.

April 11th

Brain Injury 101 – Part 2

Speakers: Kelly Williston, Occupational Therapist
Jill Bowen, Social Worker

The presenters will continue to discuss the physical, cognitive, emotional, social and behavioural consequences of brain injuries and offer some examples of strategies for managing these.

April 18th

Life Hacks and Strategies for Managing Symptoms after Traumatic Brain Injury

Speakers: Shannon McGuire, Physiotherapist
Becky Moran, Occupational Therapist

This presentation will discuss common problems experienced after a brain injury to assist in understanding why individuals experience persistent symptoms after injury. It will review the risk factors for developing persistent symptoms and principles of brain recovery or 'neuroplasticity'. Most importantly, concrete, practical strategies to help manage issues such as light and noise sensitivity, headache, dizziness, fatigue, balance problems, sleep dysfunction and cognitive changes will be shared.

April 25th

Money Matters - Finances and Financial Planning After ABI

Speakers: From Family Services London:
Robert Leyland
Helen McCauley

This session will provide an overview of some of the financial realities that may follow an ABI. The Disability Tax Credit and Registered Disability Savings Plans (RDSP) will be discussed as well as other services and processes that may be applicable.

May 2nd

Management of Symptoms of Mild Traumatic Brain Injury (mTBI)

Speaker: Dr. Heather MacKenzie

This session will review the constellation of symptoms that can be experienced following mild traumatic brain injury. The presenter will discuss the role of the Rehabilitation Medicine physician within the multidisciplinary team when it comes to the management of these issues.

May 9th

Nutrition, Physical Activity and Sleep after ABI

Speakers: Chris Fraser, Registered Dietitian
Laura Graham, Physiotherapist

This session will discuss nutrition, sleep, and gradual return to physical activity and the important role each play as building blocks in recovery following brain injury.

May 16th

Survivor Stories

In this session you will have the opportunity to hear the stories of survivors as they journey through their recovery from brain injury.