

What You Should Know about TBI/ABI



With advances in medical interventions, many more people are surviving a Brain Injury and Stroke. While this is good news, the people who experience long lasting effects that significantly affect their daily lives and financial productivity are growing.

Programs to provide guidance and hands on support are available at the Brain Injury Society, free of charge. Brain Injury survivors and their caregivers can receive support and get connected to other people who have also had a similar experience to learn from one another what helped them in their recovery.

We have a group of Peers who are going into the Penticton Hospital and visiting patients who have had a Stroke or Brain Injury to help them

connect to our programs just as soon as they are ready following hospitalization.

The lives of caregivers and family members also change after a Brain Injury or Stroke. The new reality can be overwhelming and challenging when adapting to the new schedules, duties and challenges in communicating with their loved ones and the medical system. We provide coping strategies and self-care topics in our discussion groups and listen to the often very inspiring interactions among members.

If you or a loved one has survived a Brain Injury or Stroke, please consider calling the Brain Injury Society at 250-490-0613 to find out more about our services.

Traumatic Brain Injury (TBI) arises from trauma or impacts to the brain and head caused by events such as vehicle collisions, falls, sports injuries, assaults and electrocution. There are additional

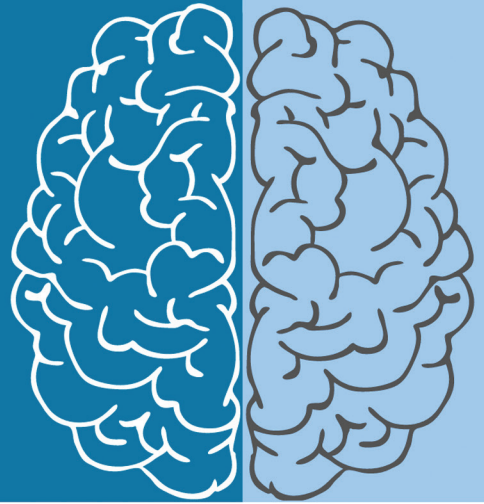
injuries known as Acquired Brain Injury (ABI) and they include the non-traumatic causes such as stroke, burst blood vessels or arteries in the brain, tumors, loss of oxygen events, surgical mishaps and some types of infections affecting the brain.

- *When ABI and TBI are included together, estimates suggest up to 1 in 25 persons in Canada may be living with some level of ongoing disability from a brain injury.*



A brain injury, like a stroke, is a life-altering event for the survivor AND their families, caregivers, and friends.

The Brain Injury Society located in Penticton, offers non-medical programs and services to address immediate concerns as well as to assist in identifying longer-term goals for ongoing recovery.



What we do

We assist survivors to explore steps in their recovery. Through case management, education, and referral services, we can assist in the adjustment to life after brain injury and integration back into the community. The program aims to improve quality of life and to maximize independence after a stroke. This new reality can be overwhelming and challenging when adapting to new schedules, duties, and communication with your loved one. Our agency also promotes brain health by encouraging exercise, social connection, and cognitive activities.

→ Case Management

Services include some one to one support finding resources available for each client based on their experience.

→ Education & Prevention

Group programs that focus on social development, cognitive health, peer interactions, as well as presentations on how to prevent brain injury.

→ Support and Outreach

The Brain Injury Society offers Caregiver and Peer Support Groups that provide a safe and confidential space for sharing experiences. Other programs include skill building, movement exercises and resource referrals.

CALL US FOR MORE INFO:



250-490-0613



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