



**On Wednesday March 28th, Michelle hosted the support group. She initiated discussions on the following topics:**

- Northern Ontario Travel Grants.
- Brain Injury Rehabilitation.
- Strategies to compensate for specific challenges one may experience as a result of an ABI.
- We looked at illustrations of a TBI (based on MRI and radiographic images) created by Artery Studios Inc. <http://www.arterystudios.com/>

### **Northern Ontario Travel Grants**

For information about Northern Ontario Travel

Grants: <http://www.health.gov.on.ca/en/public/publications/ohip/northern.aspx>

[http://www.health.gov.on.ca/en/public/publications/ohip/docs/brochure\\_northern\\_en.pdf](http://www.health.gov.on.ca/en/public/publications/ohip/docs/brochure_northern_en.pdf)

### **ABI Strategies:**

- Attach a reminder note on or near the inside of the front door of your home listing all of the items needed for the day.
- Use labels on power cords.
- Highlighters and Post-It notes or sticky tabs are great for marking important information in books, binders, and manuals. They are also handy if you print emails, memos or meeting notes.
- Make lists (electronic or paper) and stick to them!
- Make use of an agenda.
- Digital recorders can be used to keep audio notes and reminders.
- Setting an alarm on your phone is a great reminder when to take medication.

### **Pacing is easier said than done!**

- Setting a timer can help add structure to the day, aid in staying on task, and improve efficiency and independence.

### **Try Setting a Timer to:**

- Break tasks into smaller steps.
- Allow for scheduled breaks.
- Set start or end times for activities.
- Allow transition time.

### **Keep Items in the Same Location:**

- Use a small safe to store medications and remember to keep it locked when not in use.
- Hang keys and put items required for the day in a basket near the door.
- Keep all Cd's and Dvd's together.
- Plug chargers for electronic devices next to the nightstand.

### **Remember:**

When learning something new keep in mind who the source of the information is. Conduct proper research to verify the accuracy of the information.

As mentioned at the beginning of today's support group meeting, tragedy doesn't confer expertise.

### **Ted Talks:**

Dr. Patrick Quaid - How vision affects learning and concussion recovery

[https://www.youtube.com/watch?v=oDXbAG8ys\\_w](https://www.youtube.com/watch?v=oDXbAG8ys_w)

A.M. Barrett - A vision of brain injury rehabilitation

<https://www.youtube.com/watch?v=QJ-OBXTA5AE>

Kevin Pearce - A brain injury is like a fingerprint, no two are alike

<https://www.youtube.com/watch?v=FZH7-r1Wy9o>