

www.Champlainhealthline.ca Primary Health Care Desktop Resource Guide ► Acquired Brain Injury ► Ottawa

Home and Community Care Support Services Champlain: 310-2222

www.champlainhealthline.ca

Champlainhealthline.ca

Assessment and Diagnosis

[The Ottawa Hospital Rehabilitation Centre](#)
613-737-7350 ext. 75685

[Brain Injury Guidelines](#)

Pediatric - CHEO

[Rehabilitation](#) Fax: 613-738-4893

Concussions

[The Ottawa Hospital Rehabilitation Centre](#)
613-737-7350 ext. 75406

[Guidelines for Concussions](#)

[Guidelines for Pediatric Concussions](#)

[Ontario Brain Injury Association](#) 1-800-263-5404

Sports Only Related Services- 18 years and over

[Carleton Sport Medicine Clinic](#) 613-520-3510

18 years and under (all injuries)

[Pediatric Sports Medicine Clinic of Ottawa](#) 613-254-9777

Screening

[The Ottawa Hospital Rehabilitation Centre](#)
613-737-7350 ext. 75685

[Aphasia Centre of Ottawa](#) 613-567-1119

[Canadian Stroke Best Practices](#)

Pediatric

[Rehabilitation - CHEO](#) Fax: 613-738-4893

[Pediatric Sports Medicine Clinic of Ottawa](#) Fax: 613-738-4893

Concussions

[Concussions Evaluation Tool - SCAT2](#)

[Sports Concussion Assessment Tool for Children](#)

[ages 5 to 12 years](#)

Post-Concussion Care Standards

[Concussions Ontario](#)

[CHEO Concussion Clinic](#) 613 260-1477 ext 221

Support Groups

[Brain Injury Association of the Ottawa Valley](#) 613-233-8303

Mindfulness Based Cognitive Therapy 613-620-5389

[Ontario Brain Injury Association](#) 1-800-263-5404

In-Home Services

[Access at Home Physiotherapy](#) 613-721-3467

[Action Potential Rehabilitation](#) 613-228-0777

[Bayshore Home Health](#) 1-877-289-3997

[Ottawa Carleton Rehabilitation & Healthcare](#) 1-800-684-3378

[VHA Health and Home Support](#) 613-238-8420 ext 241

Emergency Management

[Champlainhealthline.ca](#)

Day Programs

[Aphasia Centre of Ottawa](#) 613-567-1119

City of Ottawa - ABI Day Program 613-824-0819 ext 234

[Pathways to Independence Brain Injury Services](#) 613-233-3322

[Vista Centre Brain Injury Services](#) 613-234-4747

[Ottawa Valley Brain Injury Association-](#) 613-233-0111

[Step Up Work Centre](#)

Outreach / Independent Living

[Bartimaeus Inc.](#) 613-699-7239

[Ottawa Carleton Rehabilitation & Healthcare](#) 1-800-684-3378

[Pathways to Independence Brain Injury Services](#) 613-826-6653

[Vista Centre Brain Injury Services](#) 613-234-4747

Prevention

[Distress Line](#) 613-238-3311

[Helmet Safety](#)

[Ontario Injury Prevention Resource Centre](#)

[Parachute](#)

[StopConcussions.com](#)

[Suicide Prevention \(24-hr helplines\)](#)

Rehabilitation Services

[Champlain Regional Stroke Network](#)

[The Ottawa Hospital Rehabilitation Centre](#)
613-737-7350 ext. 75406

Mindfulness Based Cognitive Therapy 613-620-5389

[Robin Easey Centre](#) 613-726-1558

March of Dimes - Acquired Brain Injury Services* 1-800-263-3463

[Fee for service](#)

[Funded](#)

[Champlainhealthline.ca](#)

Pediatric

[CHEO Concussion Clinic](#) 613 260-1477 ext 221

[Rehabilitation - CHEO](#) Fax: 613-738-4893

[Pediatric Sports Medicine Clinic of Ottawa](#) 613-254-9777

Physical Therapy

[Action Potential Rehabilitation](#) 613-228-0777

[Aphasia Centre of Ottawa](#) 613-567-1119

[Apollo Physical Therapy Centres - South](#) 613-248-0800

[Apollo Physical Therapy Centres - Nepean](#) 613-820-8686

[Bayshore Therapy & Rehabilitation](#) 613-809-5434

[LiquidGym](#) 613-820-8228

[NeuroLogic Physiotherapy](#) 613-721-2738

[NeuroGym Rehabilitation](#) 613-523-9905

Occupational Therapy

[Acclaim Ability Management Inc](#) 613-274-3010

[Bayshore Therapy & Rehabilitation](#) 613-809-5434

[CVE Inc](#) 613-237-7368

[FunctionAbility Rehabilitation](#) 613-688-9922

[Modern OT](#) 613-792-3461

[Trac Group Inc](#) 613-526-0877

[The Phoenix Network Inc](#) 613-733-6313

[Swanson & Associates](#) 613-260-1935

[The Wings of Phoenix Association](#) 613-733-9725

Speech Therapy

[Aphasia Centre of Ottawa](#) 613-567-1119

[Bayshore Therapy & Rehabilitation](#) 613-809-5434

[FunctionAbility Rehabilitation](#) 613-688-9922

[Modern OT](#) 613-792-3461

[The Phoenix Network Inc](#) 613-733-6313

[Trac Group Inc](#) 613-526-0877

[The Wings of Phoenix Association](#) 613-733-9725

Music Therapy		Agilec 613-688-3670		Recreation, Sport and Physical Activity	
Con Brio Music Therapy 613-836-6503		Ontario Disability Support Program (ODSP) 613-234-1188		Canadian Association for Disabled Skiing - National	
Financial Assistance		Ontario Works 613-560-6000		Capital Division 819-827-4378	
Assistive Devices Program (ADP) 1-800-268-6021		Trac Group Inc 613-526-0877		Easter Seals Canada - Access 2 Card Program 1-877-376-6362	
Canada Pension Plan - Disability Benefits 1-800-277-9914		Family, Peer and Caregiver Support		Freedom at Depth Canada (FADC)	
Direct Funding Self-Management Attendant Services		Aphasia Centre of Ottawa 613-567-1119		Friends in Fishing 613-253-2001	
Disability Tax Credit Certificate Form T2201		Befriending Program		Happy Handicapped Bowling League613-569-7632	
Henson Trust 905-889-6484		Brain Injury Association of the Ottawa Valley 613-233-8303		National Capital Able Sailing Association613-737-9716	
Ontario Disability Support Program (ODSP) 613-234-1188		Brain Injury Family Counselling 613-620-5389		SkiAbility 613-692-4898	
Ontario March of Dimes, Brain Injury Services - Funded		Citizen Advocacy of Ottawa 613-761-9522		Sledge Hockey of Eastern Ontario (SHEO) 613-224-7686	
1-800-567-0315		Distress Centre - Ottawa and Region 613-238-3311		Therapeutic Riding Association of Ottawa Carleton	
Ontario March of Dimes, Home and Vehicle 1-877-695-7999		Walk-in Counselling Clinic 613-722-2225		TROtt 613-821-1844	
Modification Program		Ontario Brain Injury Association 1-800-263-5404		Whitewater Rafting Adventures 1-800-596-7238	
Ontario Works 613-560-6000		Ontario Caregiver Helpline 1-833-416-2273 (CARE)			
Registered Disability Savings Plan (RDSP)				Transportation	
Headway Homes Funding 1-855-642-8877 ext. 240		Education		Accessible Parking Permit	
WSIB, Financial Assistance		Algonquin College-Centre for Students with Disabilities		Accessible Transportation	
Food Banks		Alternative Learning Styles & Outlooks 613-233-8660		Champlainhealthline.ca	
Champlainhealthline.ca		Carleton University-Paul Menton Centre 613-520-6608		Para Transpo 613-244-1289	
Housing		La Cité Collégiale-Service des besoins spéciaux			
Pathways to Independence 613-826-6653		1-800-267-2483 ext 2090		Driving Assessment	
The Phoenix Network Inc 613-733-6313		Neil Squire Society - Free online computer skills tutoring		Champlainhealthline.ca	
Vista Centre Brain Injury Services 613-234-4747		1-866-939-6345			
Employment Supports		Ottawa-Carleton District School Board-Special Education			
Acclaim Ability Management Inc 613-274-3010		613-2392707			
CVE Inc 613-237-7368		Ottawa Foyers Partage 613-744-3562			
Neil Squire Society 1-866-939-6345		University of Ottawa-Access Service 613-562-5976			
Internet Resources					
Brain Injury Canada		Love your Brain Yoga			
Brain Injury Association of the Ottawa Valley		Concussions Ontario			
Brain Line		Home and Community Care Support Services Champlain			
Champlainhealthline.ca		Ontario Brain Injury Association			
Champlain ABI Coalition		Ontario Neurotrauma Foundation			
CHEO - Concussions		Ontario Brain Injury Association (OBIA) Book Store		Educating	
Complete Concussions Management		Educators About ABI			

About Brain Injury

Definition

[Source: Champlain ABI Coalition](#)

Damage to the brain, which occurs after birth, as a result of a traumatic or non-traumatic event and is not related to a congenital or degenerative disease, can result in temporary, prolonged or permanent impairments in cognitive, emotional, behavioral or physical functions is considered to be an ABI.

Trauma, such as from a fall or motor vehicle accident, stroke, aneurysm, tumor, exposure to toxins and infections of the brain, and strokes resulting in a brain injury are some common causes of acquired brain injury.

About Rehabilitation

Source: TBI Network

After a brain injury, people can go through a number of different stages of medical treatment and care. If the person requires hospitalization after a brain injury they will be admitted to an acute care or community hospital where the doctors take care of the urgent medical issues and the person begins the rehabilitation process. Some people will be discharged relatively quickly from hospital. Others will need to participate in a rehabilitation program before they are able to go home. Some will continue rehabilitation after they return home. It's important to remember that rehabilitation is a process and is not the same for everyone.

The most common places someone receives rehabilitation are:

In hospital – for people who are patients in a community, acute teaching or rehabilitation hospital.

Outpatient (also known as Day Hospital or Ambulatory Care) – for people who can travel to the hospital for each rehabilitation session.

Home/community – for people who can travel to a community-based clinic to receive their rehabilitation. Or, the rehabilitation professional comes to the person's home, usually because the person cannot travel.

As a person with ABI moves through the recovery process, their health care team will contact the Champlain LHIN ABI System Navigator who then coordinates referrals to the Champlain ABI Coalition. This specialized group is made up of publicly-funded and/or not for profit agencies or organizations providing ABI services and supports.

If you have any questions about services and resources available for those living with the effects of an acquired brain injury (ABI) across the Champlain Region, you can contact:

Constance Coburn

System Navigator for Acquired Brain Injury

Home and Community Care Support Services Champlain

Tel: 613-745-5525 x 5963 - Toll Free: 800-538-0520

Fax: 613-745-6984 (Attn Constance Coburn)

100-4200, rue Labelle Street, Ottawa ON K1J 1J8

Email: Constance.Coburn@hccontario.ca

Concussion Safety



A Concussion is a Brain Injury. A concussion can change the way the brain normally functions. It can be caused by a bump, blow, or jolt to the head or the body that causes the brain to move within the skull, resulting in altered brain functioning.

You cannot see a concussion. Even what might seem to be a mild bump to head could be serious. If an individual experiences one or more of the signs and symptoms after incurring a bump, blow, or jolt to the head or body seek immediate medical attention informing them of the symptoms present and the injury sustained. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until hours, day or weeks after the injury.

Take extra care and precaution with young children. If they're just not acting right, crying or all of a sudden having trouble in school, you should seek immediate medical attention.

Signs and Symptoms of a Concussion

- Temporary loss of consciousness or unresponsive
- Lack of awareness to their surroundings
- Impairment in memory and with concentration
- Dizziness and/or vomiting
- Nausea and/or vertigo
- Feeling stunned, dazed or confusion
- Difficulty with following conversation and/or directions
- Balance and/or orientation problems
- Fuzzy, double or blurred vision
- Sensitivity to light and/or noise
- Headache, pressure in head, neck pain
- Changes in emotions, personality
- Depresses mood, increased irritability or anxiety
- Changes in sleep patterns
- Trouble sleeping
- Drowsiness

Recovery periods can vary with each individual and range from a week, to months.