

# www.Champlainhealthline.ca Primary Health Care Desktop Resource Guide ► Acquired Brain Injury ► Eastern Counties

Home and COmmunity Care Support Services Champlain : 310-2222

[www.champlainhealthline.ca](http://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. 75685

[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

[Aphasia Centre of Ottawa](#)

613-567-1119

[The Ottawa Hospital Rehabilitation Centre](#)

613-737-7350 ext. 75685

[Canadian Stroke Best Practices](#)

*Pediatric*

[Pediatric Sports Medicine Clinic of Ottawa](#)

Fax: 613-254-9777

[Rehabilitation - CHEO](#)

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

[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

[Ottawa Valley Brain Injury Association -](#)

613-233-0111

[Step Up Work Centre](#)

[Pathways to Independence Brain Injury Services](#)

613-233-3322

[Vista Centre Brain Injury Services](#)

613-234-4747

## Outreach / Independent Living

[Bartimaeus Inc.](#)

613-699-7239

[Ottawa Carleton Rehabilitation & Healthcare](#)

1-800-684-3378

[Pathways to Independence Brain Injury Services](#)

613-233-3322

[Vista Centre Brain Injury Services](#)

613-234-4747

## Prevention

[Alcoholics Anonymous - Cornwall](#)

613-938-1984

[Helmet Safety](#)

[Ontario Injury Prevention Resource Centre](#)

[Parachute](#)

[StopConcussions.com](#)

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

## Rehabilitation Services

[Champlain Regional Stroke Network](#)

[Champlainhealthline.ca](#)

[The Ottawa Hospital Rehabilitation Centre](#)

613-737-7350 ext. 75406

March of Dimes - Acquired Brain Injury Services

1-800-263-3463

[Fee for service](#)

[Funded](#)

[Robin Easey Centre](#)

613-726-1558

*Pediatric*

[Pediatric Sports Medicine Clinic of Ottawa](#)

613-254-9777

[Rehabilitation - CHEO](#)

Fax: 613-738-4893

*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](#)

613-538-2977

[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](#)

613-538-2977

[CVE Inc](#)

613-237-7368

[FunctionAbility Rehabilitation](#)

613-688-9922

[Modern OT](#)

613-792-3461

[Swanson & Associates](#)

613-260-1935

[Trac Group Inc](#)

613-526-0877

*Speech Therapy*

[Aphasia Centre of Ottawa](#)

613-567-1119

[Bayshore Therapy & Rehabilitation](#)

613-538-2977

[FunctionAbility Rehabilitation](#)

613-688-9922

[Modern OT](#)

613-792-3461

[Trac Group Inc](#)

613-526-0877

*Music Therapy*

[Con Brio Music Therapy](#)

613-836-6503

Financial Assistance	
<a href="#">Assistive Devices Program (ADP)</a>	1-800-268-6021
<a href="#">Canada Pension Plan - Disability Benefits</a>	1-800-277-9914
<a href="#">Direct Funding Self-Management Attendant Services</a>	
<a href="#">Disability Tax Credit Certificate Form T2201</a>	
<a href="#">Headway Homes Funding</a>	1-855-642-8877 ext. 240
<a href="#">Henson Trust</a>	905-889-6484
<a href="#">Ontario Disability Support Program (ODSP)</a>	613-234-1188
<a href="#">Ontario March of Dimes, Brain Injury Services - Funded</a>	
	1-800-567-0315
<a href="#">Ontario March of Dimes, Home and Vehicle Modification Program</a>	1-877-695-7999
<a href="#">Ontario Works</a>	613-560-6000
<a href="#">Registered Disability Savings Plan (RDSP)</a>	
<a href="#">WSIB, Financial Assistance</a>	

Food Banks	
<a href="#">Champlainhealthline.ca</a>	

Housing	
<a href="#">Moose Creek Villa</a>	613-538-2977

Employment Supports	
<a href="#">Acclaim Ability Management Inc</a>	613-274-3010
<a href="#">CVE Inc</a>	613-237-7368
<a href="#">Agilec</a>	613-688-3670

## Internet Resources

<a href="#">Brain Injury Canada</a>	<a href="#">Home and Community Care Support Services Champlain</a>
<a href="#">Brain Injury Association of the Ottawa Valley</a>	<a href="#">Love your Brain Yoga</a>
<a href="#">Champlainhealthline.ca</a>	<a href="#">Ontario Brain Injury Association</a>
<a href="#">Champlain ABI Coalition</a>	<a href="#">Ontario Neurotrauma Foundation</a>
<a href="#">CHEO - Concussions</a>	<a href="#">Ontario Brain Injury Association (OBIA) Book Store</a>
<a href="#">Complete Concussions Management</a>	<a href="#">Educators About ABI</a>
<a href="#">Concussions Ontario</a>	

<a href="#">Ontario Disability Support Program (ODSP)</a>	613-234-1188
<a href="#">Ontario Works</a>	613-560-6000
<a href="#">Trac Group Inc</a>	613-526-0877

Family, Peer and Caregiver Support	
<a href="#">Aphasia Centre of Ottawa</a>	613-567-1119
<a href="#">Befriending Program</a>	613-932-3451 ext 231
<a href="#">Brain Injury Association of the Ottawa Valley</a>	613-233-8303
<a href="#">Distress Centre - Ottawa and Region</a>	613-238-3311
	1-866-996-0991
<a href="#">Ontario Brain Injury Association</a>	1-800-263-5404
<a href="#">Ontario Caregiver Helpline</a>	1-833-416-2273 (CARE)

Education	
<a href="#">Algonquin College-Centre for Students with Disabilities</a>	
<a href="#">Carleton University-Paul Menton Centre</a>	613-520-6608
<a href="#">La Cité Collégiale-Service des besoins spéciaux</a>	
	1-800-267-2483 ext 2090
<a href="#">Neil Squire Society - Free online computer skills tutoring</a>	
	1-866-939-6345
<a href="#">St Lawrence College-Cornwall Campus-Accessibility Services</a>	
	613-933-6080 ext 2227
<a href="#">University of Ottawa-Access Service</a>	613-562-5976

Recreation, Sport and Physical Activity	
<a href="#">Canadian Association for Disabled Skiing - National Capital Division</a>	
	819-827-4378
<a href="#">Easter Seals Canada - Access 2 Card Program</a>	
	1-877-376-6362
<a href="#">Freedom at Depth Canada (FADC)</a>	
<a href="#">Friends in Fishing</a>	613-253-2001
Happy Handicapped Bowling League	
	613-569-7632
National Capital Able Sailing Association	
	613-737-9716
<a href="#">SkiAbility</a>	613-692-4898
<a href="#">Sledge Hockey of Eastern Ontario (SHEO)</a>	
	613-224-7686
<a href="#">Therapeutic Riding Association of Ottawa Carleton</a>	
<a href="#">TROtt</a>	613-821-1844
<a href="#">Whitewater Rafting Adventures</a>	
	1-800-596-7238

Transportation	
<a href="#">Accessible Parking Permit</a>	
<a href="#">Accessible Transportation</a>	
<a href="#">Champlainhealthline.ca</a>	
<a href="#">Handi-Transit, Cornwall</a>	

Driving Assessment	
<a href="#">Champlainhealthline.ca</a>	

## 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](mailto: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.