

**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

*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

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

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

*Pediatric*

[Head Injury Prevention - CHEO](#)

**Rehabilitation Services**

[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

[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

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

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

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

*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="#">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="#">Headway Homes Funding</a>	1-855-642-8877 ext. 240
<a href="#">WSIB, Financial Assistance</a>	

**Food Banks**

<a href="#">Champlainhealthline.ca</a>	
--	--

**Housing**

<a href="#">Pathways to Independence</a>	613-826-6653
<a href="#">The Phoenix Network Inc</a>	613-733-6313
<a href="#">Vista Centre Brain Injury Services</a>	613-234-4747

**Employment Supports**

<a href="#">Acclaim Ability Management Inc</a>	613-274-3010
<a href="#">CVE Inc</a>	613-237-7368
<a href="#">Neil Squire Society*</a>	1-866-939-6345
<a href="#">Agilec</a>	613-688-3670

**Internet Resources**

<a href="#">Brain Injury Association of Canada*</a>	
<a href="#">Brain Injury Association of the Ottawa Valley*</a>	
<a href="#">Brain Line</a>	
<a href="#">Champlainhealthline.ca*</a>	
<a href="#">Home and Community Care-LHIN</a>	
<a href="#">CHEO - Resources</a>	
<a href="#">CHEO - Concussions</a>	
<a href="#">Champlain Regional Stroke Network*</a>	

**Ontario Disability Support Program (ODSP)**

<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="#">Brain Injury Association of the Ottawa Valley*</a>	613-233-8303
<a href="#">Brain Injury Family Counselling</a>	613-620-5389
<a href="#">Citizen Advocacy of Ottawa*</a>	613-761-9522
<a href="#">Distress Centre - Ottawa and Region*</a>	613-238-3311
<a href="#">Walk-in Counselling Clinic *</a>	613-722-2225

**Education**

<a href="#">Algonquin College-Centre for Students with Disabilities</a>	
<a href="#">Alternative Learning Styles &amp; Outlooks *</a>	613-233-8660
<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="#">Ottawa-Carleton District School Board-Special Education*</a>	613-2392707
<a href="#">Ottawa Foyers Partage</a>	613-744-3562
<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="#">Freedom at Depth Canada (FADC)</a>	
<a href="#">Friends in Fishing *</a>	613-253-2001
<a href="#">Happy Handicapped Bowling League</a>	613-569-7632
<a href="#">National Capital Able Sailing Association</a>	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="#">Para Transpo</a>	613-244-1289

**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 CCAC 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:

**Suzanne McKenna**

**System Navigator for Acquired Brain Injury**

Champlain Local Health Integration Network (LHIN)

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

Fax: 613-745-6984 (Attn Suzanne McKenna)

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

**Email: [suzanne.mckenna@lhins.on.ca](mailto:suzanne.mckenna@lhins.on.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.