

Champlain Local Health Integration Network (LHIN) : 310-2222

www.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 \(24-hr helplines\)](#)

[Pediatric](#)

[Head Injury Prevention-CHEO](#)

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

Food Banks	
Champlainhealthline.ca	

Housing	
Moose Creek Villa	613-538-2977

Employment Supports	
Acclaim Ability Management Inc	613-274-3010
CVE Inc	613-237-7368
Agilec	613-688-3670

Internet Resources

Brain Injury Association of Canada	Home and Community Care - LHIN
Brain Injury Association of the Ottawa Valley	Love your Brain Yoga
Champlainhealthline.ca	Ontario Brain Injury Association
Champlain ABI Coalition	Ontario Neurotrauma Foundation
CHEO - Concussions	Traumatic Brain Injury and Sexual Issues
Complete Concussions Management	Ontario Brain Injury Association (OBIA) Book Store
Concussions Ontario	Educating Educators About ABI

Ontario Disability Support Program (ODSP)	613-234-1188
Ontario Works	613-560-6000
Trac Group Inc	613-526-0877

Family, Peer and Caregiver Support	
Aphasia Centre of Ottawa	613-567-1119
Befriending Program	613-932-3451 ext 231
Brain Injury Association of the Ottawa Valley	613-233-8303
Distress Centre - Ottawa and Region	613-238-3311
	1-866-996-0991

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

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

Transportation	
Accessible Parking Permit	
Accessible Transportation	
Champlainhealthline.ca	
Handi-Transit, Cornwall	

Driving Assessment	
Champlainhealthline.ca	

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

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.