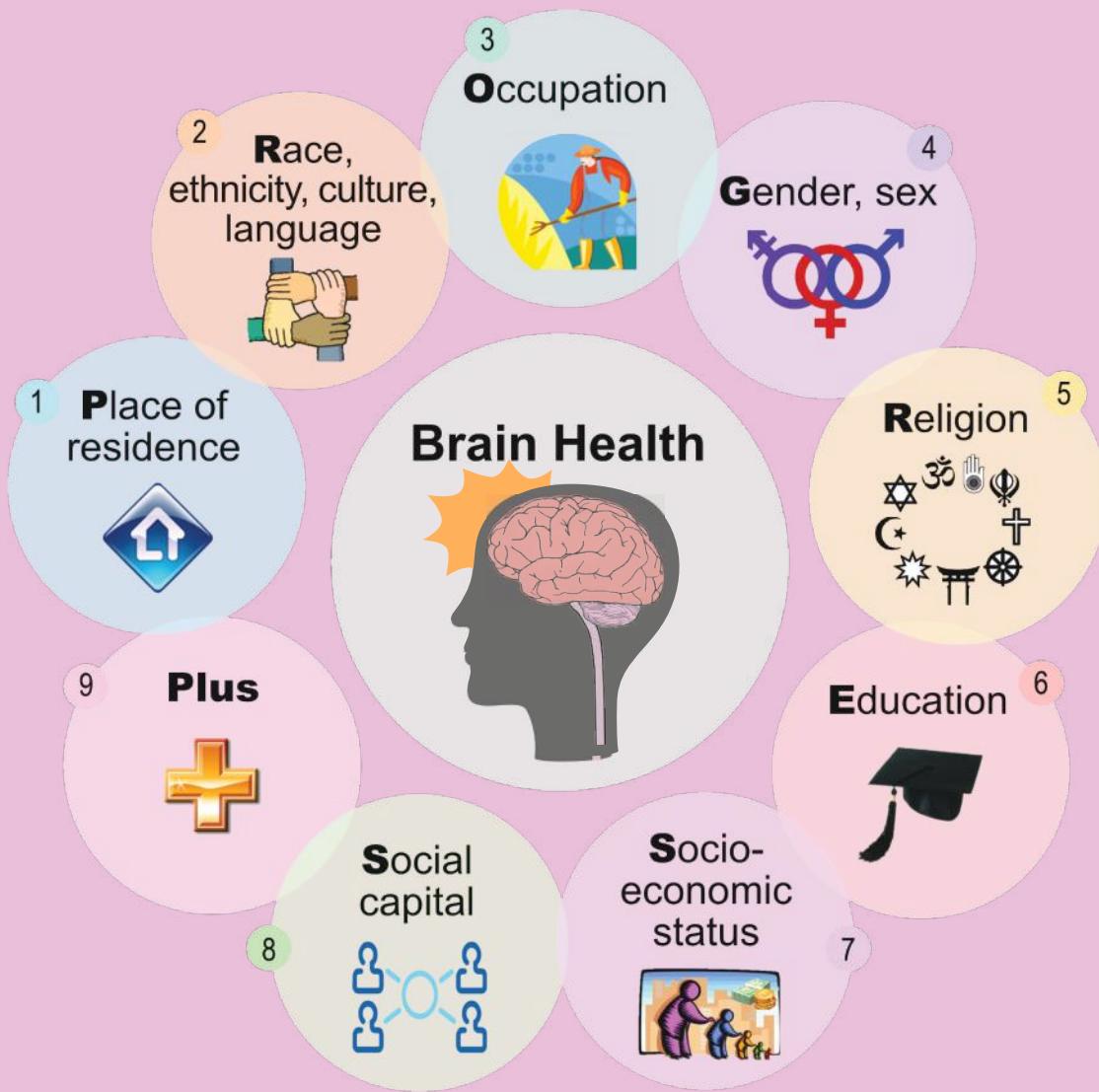


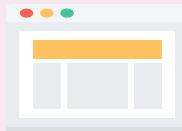
PROGRESS IN TRAUMATIC BRAIN INJURY



Finding resources to support recovery and care



What supports are available after a traumatic brain injury?



The need for information on navigating resource directories emerged from conversations with many people with brain injury, their families, clinicians, researchers, and community organizations.

One of the priorities that emerged from these conversations was promoting existing resources within the Brain Injury Canada service directory.

We created walkthrough videos on different topics in English and French for visitors of the Brain Injury Canada website to find needed resources.

English

Website overview	Overview of resources	Service directory	Training for professionals	Brain injury and teens

Français

Aperçu du site web	Aperçu des ressources	Répertoire de services	Formation pour professionnels	Ressources pour ados



To facilitate access to resources for different knowledge user groups, we compiled directories with links to:

1. Education and Training
2. Wellness Support and Services

The links can be accessed through Brain Injury Canada and the Abused and Brain Injured Toolkit websites. These resources are continuously updated for the knowledge user groups depicted below:

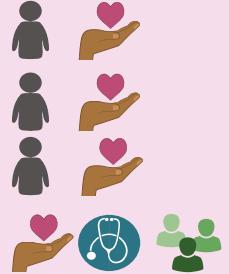
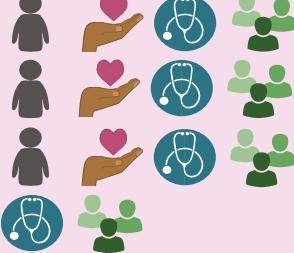


Person with TBI
Caregiver/family member/friend



Healthcare professional
Staff/leader in TBI organization

1. Directory for Education and Training

Resource type	Link	Best suitable for
 E-courses		
Foundational E-courses		
For caregivers (free of charge)	https://braininjurycanada.ca/en/caregiver/resources/courses/	
For healthcare professionals (\$65+HST)	https://braininjurycanada.ca/en/professionals/education-skills-training/foundations-course/	
For service providers on brain injury and intimate partner violence	https://www.abitoolkit.ca/resource-library/service-provider-resources/	
External courses endorsed by Brain Injury Canada	https://braininjurycanada.ca/en/professionals/education-skills-training/	
Training on injury prevention	https://courses.parachute.ca/home	
 Infographics, brochures, and fact sheets		
About brain injury and its effects	https://braininjurycanada.ca/en/infographics/brain-injury/ https://www.abitoolkit.ca/resource-library/downloadable-information-sheets/ https://www.abitoolkit.ca/traumatic-brain-injury/brain-injury-basics/ https://www.abitoolkit.ca/supporting-survivors/support-strategies/difficulties-to-consider/	
About concussion and its effects	https://braininjurycanada.ca/en/infographics/concussion-infographics/	
Brain injury intersections with other adversities	https://braininjurycanada.ca/en/infographics/intersections/ https://www.abitoolkit.ca/resource-library/downloadable-information-sheets/abi-toolkit-infographics/ https://www.abitoolkit.ca/traumatic-brain-injury/sex-gender-and-tbi/ https://www.abitoolkit.ca/supporting-survivors/screening-for-brain-injury/	
 Patient stories and lived experience		
Patient and caregiver perspectives	https://braininjurycanada.ca/en/stories/ https://www.abitoolkit.ca/survivor-experience/ https://www.youtube.com/playlist?list=PLjZUahSLDfDzI3E7qYi8pUSS6yeeupip1	



Person with TBI



Caregiver/family member/friend



Staff/leader in TBI organization



Healthcare professional

2. Directory for Wellness Support and Services

Resource type	Link	Best suitable for
Directory of services and digital communication		
Helplines and crisis support	https://braininjurycanada.ca/en/resources/helplines-crisis-support/	
Information about different types of healthcare providers	https://www.abitoolkit.ca/supporting-survivors/where-to-refer/	  
Directories to brain injury, mental health, legal, and financial support services across Canada	https://www.abitoolkit.ca/resource-library/local-brain-injury-services https://www.abitoolkit.ca/resource-library/mental-health https://braininjurycanadaconnect.ca/resources/health https://www.abitoolkit.ca/resource-library/survivor	     
Apps that support mental health and daily living	https://braininjurycanada.ca/en/mental-health/mental-health-apps/	
Useful tips and suggestions		
Supporting a person's mental health after brain injury	https://braininjurycanada.ca/en/caregiver/living-brain-injury/mental-health-brain-injury-survivors/support/	
Coping with grief as a caregiver	https://braininjurycanada.ca/en/caregiver/mental-health-caregiver/grief/	
Information for teens with brain injury	https://britecanada.ca	
Strategies for communication success	https://www.abitoolkit.ca/supporting-survivors/communication-after-brain-injury/strategies-tips-support-communication-success/ https://www.abitoolkit.ca/supporting-survivors/communication-after-brain-injury/case-studies/ https://www.abitoolkit.ca/supporting-survivors/support-strategies/three-minute-solutions/	        
Newsletter for news, personal stories, events, and resources	https://braininjurycanada.ca/en/newsletter/	 
Employment support		
Vocational rehabilitation and employment support directory	https://braininjurycanadaconnect.ca/services/vocational-rehabilitation-employment-supports/ https://www.abitoolkit.ca/resource-library/employment-specific-resources/	
Returning to work guidebook	https://braininjurycanada.ca/en/return-work-activities/returning-work-guidebook/	



Person with TBI



Caregiver/family member/friend



Staff/leader in TBI

Healthcare professional

Funding Sources

Canadian Institute for Health Research Operating Grants for Brain Health and Reduction of Risk for Age-related Cognitive Impairment - KS and Mobilization Grants - Sex and Gender Differences (#202306BK5-510306-BKS-ADHD-220229) and in part the Canada Research Chairs Program (CRC-2021-00074 and CRC-2019-00019).



Canada Research
Chairs

Chaires de recherche
du Canada



Creators

This material was created as part of the priority setting procedure of the CIHR Brain Health and Cognitive Impairment in Aging team grant.



The results can be accessed here:
<https://cihr-irsc.gc.ca/e/53698.html>

The material was developed by members of the BRIDGE Lab at KITE Toronto Rehabilitation Institute, University Health Network: Noshin Haque, Christel Costa Tiago, Mursal Jahed, Thaisa Tylinski Sant'Ana, Urooba Shaikh, and Dr. Tatyana Mollayeva.



Disclosure

This material should be used for educational purposes only. It is meant as a source of information for people with traumatic brain injury and their circles of care.

UHN strives to use inclusive language in all resources. We recognize there are limits to applying inclusive language when using existing source materials. As language continues to change in health research, we will reassess and update our content.

Additional Resources

Resource	Website
Acquired Brain Injury Lab	www.abiresearch.utoronto.ca/
Centers for Disease Control and Prevention	www.cdc.gov/traumaticbraininjury/
Love Your Brain	www.loveyourbrain.com/education-advocacy
Model Systems Knowledge Translation Center	www.msktc.org/about-model-systems/TBI
Ontario Brain Injury Association	www.obia.ca/