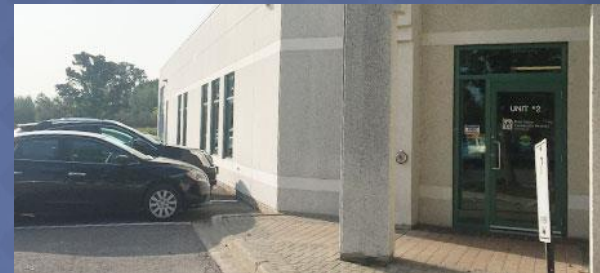




Brain Injury Community Re-entry (Niagara) Inc.

3340 Schmon Parkway, Unit 2
Thorold, ON, L2V 4Y6



ABOUT US

- ⦿ Brain Injury Community Re-entry (Niagara) Inc. (BICR) is a not-for-profit organization that provides support services and rehabilitation to individuals living with the effects of an acquired brain injury.
- ⦿ BICR was founded in 1988 by a group of concerned parents and professionals who felt that specialized services were needed in the region.
- ⦿ A volunteer board of directors oversees our programs, and consists of:
 - *An organization founder*
 - *Rehabilitation professionals*
 - *Community partners*

ABOUT US

- Funding is provided by a variety of sources including:
 - The Ontario West HNHB and Government of Ontario
 - Third party payers
 - Fundraising and private donations
- Accredited by Accreditation Canada since 1997
- Provides support to 350 participants
- Made up of 135 caring individuals who work hard to provide exceptional programs and services.



MISSION STATEMENT

- ◉ Brain Injury Community Re-entry will provide support and leadership to individuals, their families and/or caregivers within the Niagara Region living with the effects of an acquired brain injury.
- ◉ We promote self-direction, facilitate opportunities for meaningful adaptation, and contribute to the development of the agency and its people.
- ◉ We participate in advancements in the field of rehabilitation, and participate in partnerships that foster ongoing dialogue with the individual and their support network.

VISION STATEMENT

- To lead in the field of acquired brain injury rehabilitation, providing advocacy for successful re-entry into the community.



ELIGIBILITY, REFERRALS & INTAKE

- ◉ Access to our services is based on a diagnosis of an acquired brain injury. An acquired brain injury is defined as damage to the brain that occurs after birth. The brain damage may be due to trauma to the brain as a result of a motor vehicle accident or a fall, an assault, a sports injury, etc. It may also be caused by other conditions such as tumour, anoxia, an infection (e.g. encephalitis, meningitis) or a stroke.
- ◉ Individuals who are 18 years of age or older (consideration is given to individuals between 16 to 18 years of age).
- ◉ Priority is given to individuals living within the Niagara region and any specialized nursing needs must be primarily addressed by other professional agencies



APPLICATION

- ◉ The Intake Coordinator will send you written material concerning our programs and services and will work with you to determine whether BICR's services are suitable to meet your needs.

Possible Waitlist

- ◉ There are times when, due to large number of applications, a waiting list exists. It is important to contact BICR early in an individual's rehabilitation to initiate the application process.
- ◉ When there is a waiting period for services, the Intake Coordinator will refer the individual to Case Coordination Services.

FAMILY SUPPORT IS ENCOURAGED

- ◉ Family involvement in the rehabilitation process is strongly encouraged - both in determining goals and in helping the individual reach them.
- ◉ Families can assist in the recovery process by:
 - Motivating their loved one to keep them going when things are difficult
 - Providing encouragement
 - Helping with the implementation of strategies
 - Providing staff with information on what the person was like before, what interested and motivated them, likes / dislikes
 - One of the most difficult things for families as their loved one seeks more independence is to stand back and encourage them to do things even if their family member is struggling or at risk of failing.
 - It is hard not to take over and do things for the person. Remember this is difficult to work through however you are encouraged to talk about it to figure out what can help.

PROGRAMS/ SERVICES

- In order to address the varied needs of individuals with a brain injury, we have developed a number of programs. During an intake meeting, these programs are explained to an applicant and family members. Decisions for attendance at programs are made based on the individual's desires and goals, the family's wishes, availability and the recommendations from professionals.



OVERVIEW OF SERVICES

- ◉ [Intake and Case Coordination](#)
- ◉ [Apartment Program](#)
- ◉ [Community Outreach Support](#)
- ◉ [Educational Services](#)
- ◉ [Social Work Services](#)
- ◉ [Personal Effectiveness Training](#)
- ◉ [Psychological Services](#)
- ◉ [Residential Services](#)
- ◉ [Rural Services](#)
- ◉ [Recreational and Leisure Services](#)
- ◉ [Vocational Program](#)
- ◉ [Volunteer Services](#)

INTAKE SERVICES

The Intake Coordinator will:

- ◉ Explain the services available for individuals and family members.
- ◉ Send written material concerning programs and services.
- ◉ Determine if BICR services are suitable to meet an individual's needs.
- ◉ Arrange a meeting to further discuss services and/or complete an application and the forms necessary for admission.
- ◉ Discuss what goals and achievements are important to the individual.
- ◉ Review the application and any relevant reports, including medical information, to assist in determining eligibility.



CASE COORDINATION

Case Coordination is a time-limited service that provides initial service coordination to individuals who are deemed eligible.

This support may include:

- ◉ Assistance with linking the individual to other services in the community.
- ◉ Introduction to recreational and educational programs offered at BICR.
- ◉ Advocating with the individual with regards to immediate concerns such as transportation, housing, finances, etc.
- ◉ Providing assistance with developing personal goals.
- ◉ Assisting with the transition to BICR services as openings become available.



PSYCHOLOGICAL SERVICES

- ◉ Psychological Services help people to understand and change what they do, so that they can function better and enjoy life more with people who matter.

The areas addressed by our psychologist include:

- ◉ Psychological, neuropsychological, and behavioral assessments.
- ◉ Stress management and emotional self-regulation.
- ◉ Relationship and communication.
- ◉ Cognitive rehabilitation.
- ◉ Biofeedback and neurofeedback.
- ◉ Staff and family education.

- ◉ The main focus for psychology in rehabilitation for persons with a brain injury is to enable participants, families and those who provide support to understand and act in ways that result in progress toward goals that matter.

SOCIAL WORK PROGRAM

The Social Work Department at BICR offers services to both the individuals with a brain injury, as well as family members. The Social Work program is personalized and goal-oriented and includes:

- ◉ Individual and family assessment.
- ◉ Individual, couples, and family counseling.
- ◉ Group work.
- ◉ Linkages and partnerships with other community agencies to facilitate optimal provision of services, i.e. alcohol & substance abuse.
- ◉ Family education.
- ◉ Support and advocacy.



PERSONAL EFFECTIVENESS TRAINING PROGRAM

- ◉ In partnership with the March of Dimes Canada, Personal Effectiveness Training (P.E.T.) offers day programming for individuals who require assistance with developing skills prior to looking for work, volunteer placements or becoming active in the community.
- ◉ Services include:
 - Skill training: learn from a variety of functional skill activities and participate in group activities, i.e. life skills such as computer training, literacy, numeracy and cognitive training.
 - Physical Exercise: participate in individual and group exercise programs to promote a healthy lifestyle.
 - Leisure Development: partake in leisure and recreational activities while socially interacting with others in a group environment.
 - Community Skill Development: attending community outings where individuals will have opportunities to socially interact with others.

VOCATIONAL PROGRAM

- ◉ Brain Injury Community Re-entry (Niagara) Inc., developed a Vocational Services component in November of 1999 for the purpose of assisting participants in identifying work related goals based upon their interests and abilities.
- ◉ BICR serves individuals who have sustained an acquired brain injury and are willing to commit to a vocational goal.

The vocational options are as follows:

- ◉ Volunteer Placements
- ◉ Job Placements
- ◉ Job Coaching
- ◉ Vocational Assessment
- ◉ Job Readiness Program
- ◉ Employment Planning
- ◉ Workplace Assessment
- ◉ Job Trials
- ◉ Pre-employment Training
- ◉ Within Vocational Services there are various groups offered to participants that assist in job readiness.



RECREATION AND LEISURE SERVICES

- ◉ BICR provides service and support to individuals who are interested in accessing and expanding social and recreational opportunities within the community.
- ◉ Recreation Services include: A quarterly publication entitled Learning and Leisure Guide along with a Recreation Calendar provides an outline of recreational and therapeutic group activities being offered.

Ongoing groups include:

- ◉ WRAP (Work, Rest and Play), this group operates in partnership with the Niagara Parks Commission. BICR participants volunteer weekly to assist in seeding in greenhouses and maintaining gardens on the grounds.

Men and Women's social and support groups.

- ◉ Day trip and vacation opportunities throughout the year include:
- ◉ Sporting events (i.e. Blue Jay game, Toronto Rock Lacrosse, etc.)
- ◉ Museums and cultural activities (i.e. Royal Ontario Science Centre). Theme parks and fall fairs (i.e. Marineland, Balls Falls Art Festival, Welland Food Festival, etc.)
- ◉ Vacations are offered to Geneva Park in Orilla where individuals can relax with a book under a shady tree or complete a craft, take a nature hike, swim and canoe on the calm lake of Geneva Park.

COMMUNITY OUTREACH SUPPORT SERVICES

- Community Outreach Support Services (COSS) provides support to individuals living in the community. Each person receives individualized support from a Case Facilitator to determine their goals in relation to work, education, home and leisure activities.

Services include:

- Development of a plan outlining an individual's goals and the steps necessary to accomplish these goals.
- Assistance with planning and learning strategies to increase independence.
- Support to complete daily activities, e.g. budgeting, groceries, meal plans, cooking, household chores
- Strategies to improve learning, problem solving and memory limitations.



RURAL SERVICES

The Niagara Region is a diverse geographical area that has many smaller outlying communities with limited programming, services and transportation systems when compared to the larger centers within the region. For this reason, BICR has dedicated resources to provide services along the rural shore of Lake Erie from Fort Erie to Wainfleet. These services include: Group programming in partnership with the Head Injury Association of Fort Erie, is provided two days per week (Mondays and Tuesdays). Group activities include cooking, guest speakers from the community, pet therapy, physical activity at the YMCA, social outings and group learning opportunities.

Individual assistance with planning and learning strategies to increase independence is also provided on a 1:1 basis. This support may include daily activities e.g. budgeting, groceries, meal planning, cooking, and household chores. Advocacy and support in accessing holistic services within the community is also a component of this program to ensure that participants receive adequate access to housing, income sources, and medical care.

TRANSITIONAL APARTMENT PROGRAM

Based in the city of Niagara Falls this program provides transitional living opportunities for participants. Each individual lives in their own apartment with rental costs geared to income. A separate apartment is maintained for staff. Hours of support are based on the requirements of the participant. Apartments are located on various floors throughout the building.

The program is designed to help participants become more independent by developing their independent and living skills over a period of 18 to 24 months.



SUPPORTED INDEPENDENT LIVING PROGRAM

BICR provides services to up to seven individuals at Bowden Apartment Complex, Fort Erie.

The program is designed to support individuals in their own unit with the skills of independent living, opportunities to access community outings, as well as social interaction with others.

Staff have access to a unit within the building and are available between the hours of 8am to 9pm seven days per week.



ST. PAUL TRANSITIONAL LIVING PROGRAM

- ◉ St. Paul is a partnership with CMHA and is located in Niagara Falls. It is a 24 hour, 7 bed residential setting that provides support for those that are dually diagnosed with an ABI and Mental Health.
- ◉ Applications for St. Paul must be completed by a physician and are available through the HHS Website.
- ◉ Application is returned to the HHS-ABIP NOT BICR.

RESIDENTIAL SERVICES

BICR currently operates four community based residential homes that are located throughout the Niagara Region: two in Welland, one in St. Catharines and one in Niagara Falls. These homes provide support 24 hours a day, 7 days a week.

Each participant is involved in developing their own rehabilitation goals with assistance from the Case Facilitator and Rehabilitation Counselors. All programs and scheduled activities are created based on the participant's needs and interests. The role of the staff is to assist participants with a variety of tasks, including activities of daily living, participating in meaningful, productive activities and establishing frequent community involvement. An individual's rehabilitation is based on the mutual effort between the participant, family members, staff, and partnerships in the community.



VOLUNTEER SERVICES

The active participation in citizens of the community provides a valued service to BICR. The agency accepts and encourages the involvement of volunteers at all levels of the agency and within all appropriate programs and activities.

BICR offers volunteer services to its participants on an ongoing basis (if necessary). The following volunteer programs are currently in place:

- Friendly visiting



EDUCATIONAL SERVICES

- ◉ Educational Services provide a series of informative workshops for staff, participants and families. A variety of topics are offered throughout the year to address varied needs.
- ◉ Topics may include acquired brain injury education, understanding depression, coping with memory problems and managing time effectively.
- ◉ All educational opportunities are featured in the Learning and Leisure Guide which is distributed quarterly to all registered participants and family members.



THANK YOU

Questions?