



**BRAIN INJURY SERVICES**  
M U S K O K A ■ S I M C O E

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## SERVICES

Day Program & Outreach Services  
Education Groups & Drop-In  
Physician, agency and self referral  
Must have documentation of an acquired brain injury  
Up to age 65yrs or assess for suitability  
Intakes virtual, in office or in person (PPE & physical distancing as able).

- ▶ Intakes in home, community or Barrie Office
- ▶ Outreach Services – in home/community
- ▶ Simcoe Education Groups – 3 sessions Monthly Sept-June in Barrie location
- ▶ Muskoka Education Groups – x2 sessions monthly
- ▶ Drop-In – one day weekly in Barrie location
- ▶ X4 Day Programs – twice weekly in Midland, Barrie, Orillia, Collingwood

## PRE COVID 19

- ▶ Moved to all virtual group and 1:1 services
- ▶ Porch Drops – Rec Kits
- ▶ No new intakes

## STAGE #1

- ▶ Intakes virtually or in person (PPE & physical distancing)
- ▶ Outreach services 1:1 – identified health risks, housing, safety, food security, no other supports
- ▶ Physically distanced, outside, PPE protocols
- ▶ Increased Virtual options through Outreach/Day Program

## STAGE #2

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| <ul style="list-style-type: none"> <li>▶ DAY PROGRAM</li> <li>▶ Hybrid model</li> <li>▶ Twice weekly virtual Brain Busters, VON SMART exercises &amp; Music</li> <li>▶ Barrie only on site 1:1 &amp; 2:1 recreation activities</li> <li>▶ Looking at other locations, No physical space available!</li> <li>▶ 1:1 community or home visit (physical distancing &amp; PPE as able)</li> <li>▶ Virtual Meditation Drop-In 30-minutes twice weekly</li> </ul> | <ul style="list-style-type: none"> <li>▶ OUTREACH</li> <li>▶ Hybrid Model</li> <li>▶ Twice weekly virtual groups</li> <li>▶ Educational focus &amp; peer support</li> <li>▶ Virtual Meditation Drop In 30-minutes twice weekly</li> <li>▶ Virtual Mindfulness Ambassador Program (12 sessions – started in stage one)</li> <li>▶ 1:1 outreach community or home visit (physical distancing &amp; PPE as able)</li> </ul> |
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## CURRENT PROGRAMMING

## CASE EXAMPLE

54yr old woman referred for Collingwood Day Program. Previous involvement with LHIN SLP, OT, PT. Current Private PT. Was supposed to attend RVH outpatient rehab for SLP, then referral back to NSM LHN to complete SLP. Cancelled due to Covid-19.

Intake postponed due to Covid-19. Intake completed recently in person. PPE face shields due to aphasia.

Contacted NSM LHIN regarding reinstating SLP

Will start 1:1 outreach with day program staff to support setting up virtual groups (MOD aphasia group, BIS small virtual group. Practice recreational and communication activities to support opportunities for increased physical activity and communication

Participation in Adult Day Program when it is available.

## CHRONIC COVID

We will continue to offer a hybrid program should there be a second wave

We will not completely shut down as we have PPE & protocols in place

We will assess each client on an individual basis prior to deciding what types of service we are able to provide.

Questions: Best to just phone and ask questions.

## CAREGIVER SUPPORT

Caregiver Peer Support Group

Currently meets first Wednesday of the month via zoom at 6:30pm

Do not have to be receiving ABI services to join this group

Contact: Andrea Rovazzi [pcs.arovazzi@gmail.com](mailto:pcs.arovazzi@gmail.com)

## ABI NAVIGATOR

North Simcoe Muskoka ABI Collaborative

Four Agencies – One System

NSM LHIN, York Simcoe Brain Injury Services, March of Dimes & BIS

Any questions about which programs, which agency, appropriateness of referral:

Alicia Nichols 705-734-2178 ext. 228 [alicianichols@abicollaborative.ca](mailto:alicianichols@abicollaborative.ca)