IMPACT

Brain Injury Association of Canada
Association canadienne des lésés cérébraux

PATHWAYS AHEAD EZINE – FEB 2013

LIVING LIFE OUT LOUD

A drum circle refers to a rhythm based event where people come together in a circle configuration, to express themselves using drums and percussion instruments. A facilitator guides the session, providing encouragement, and supporting people to reconnect with their innate sense of rhythm. Inclusiveness is one of the key components. People of all skill levels, background, mobility and age can participate in a non verbal activity where each person has a musical voice.

The Saskatchewan Brain Injury Association holds a drumming group in Regina Saskatchewan once a week with an ever growing group of participants. Two of these participants are sister and brother team Jennifer and Devon Birns. Jennifer at 28 is four years older than her brother Devon who suffered a brain injury at age 15. When asked why she attended the drumming group with her brother this is what she had to say.

"Throughout the years, we have searched high and low for programs that Devon could participate in. When we heard about the drum circle, we thought it would be a great idea. We hoped he would enjoy it, and we would connect with other families. Within

continued on page 2

LIVING LIFE OUT LOUD CONTINUED

five minutes of attending our first drum circle, we knew that we would be coming back every week! This is the first time we have returned to a program, and looked forward to it every time! Devon is able to participate, which is a huge motivation for him. He was also accepted and treated with respect. As siblings, we are able to connect and spend time together outside of our home, and integrate into the community where we feel very welcomed! The drum circle has had a tremendous impact on Devon's confidence, as well as given him an opportunity to meet some wonderful friends! We definitely consider it a blessing and will continue to attend every week!"

Drum Circles originated out of Africa. The instrument of choice predominantly used at the Drum Circle is the djeme drum, also called the healing drum. Literally translated, the word djeme from the Barma language means unity and harmony. A sense of oneness and community are features still engendered in the conventional Drum Circle as it is known throughout North America today. This is why in North America when we speak of the Drum Circle it is most often referred to in name as a Community Drum Circle.

The drum circle which meets weekly at St. James United Church is facilitated by Mike Pelzer and Darryl Firth of Lambda Drum Solutions, From the beginning, the two were enamoured with the thought of the drum circle being a potent source of relaxation. They wondered how the use of drums and other percussion instruments would positively

impact the health of the community and wellness. Since then, the feedback from those who have taken part in the drum circle has been overwhelmingly reassuring.

Douglas Desnome who faithfully attends the drumming group every week sees it as a stress reliever that has a calming effect on him. He always has a good time and enjoys meeting with the others that attend the group.

Leslie Good drives in from Moose Jaw, Saskatchewan each Wednesday to attend the group. He noted that on the occasions when the lights are dimmed he feels so relaxed that he has been close to falling asleep. On the days when the weather outside is frigid he finds it really warms you up. It is a good workout that provides great exercise.

Rhythmic endeavour is and has always been a universal human impulse. The ability to animate a felt experience through rhythm is a natural occurrence. Prior drumming experience is not required to take part in a drum circle. The rhythm gene is in all of us. Some may not yet know it, but rest assured it is there. ***Live Life Out Loud!!***

Barb Butler - Impact Editor

Message from the Editor, Barb Butler

Happy 2013, welcome to the first issue of Impact for the year. As always I hope all is well in your part of our world.

Our 2013 annual conference is scheduled to occur September 25, 26 and 27th in Kingston, Ontario. This will be our tenth annual conference and the committee is busy working on plans to make it the best ever. The Call for Abstracts has been sent out, attached to this publication and is on our website.

You might enjoy this episode of "Are You Still Genius."

http://www.youtube.com/watch?v=iOYVUvp2P3Y&feature=youtu.be

I urge you all to get a flu shot if you haven't already and if you are a Rick Mercer fan he deserves a knighthood for this fantastic rant.

http://www.youtube.com/watch?v=whks4DUPvXM

The videos from the 2012 conference are now on our website, check them out at

http://biac-aclc.ca/2013/01/24/2012-annual-conference-keynote-videos/

Stay safe, stay well, stay happy and most of all stay informed and inspired.

Barb Butler - Editor and Conference Chair

Is Half A Brain Gone? by Richard Kerr

Like so many of us, and those we have now encountered in our lives after our own brain accident, we now realize that who we are does not rely on retaining complete function of our entire brain.

What remains uninjured can take over cognition and motor function for the hemispheres that have been injured or separated by lesions (breaks in the synaptic communication between hemispheres within our brain). .. Common elements in "Miracle" recoveries seem to be youth, health, kind and thoughtful care as well as cognitive and environmental stimulation. All we can do to put these elements in place for optimal recovery is to form a very good plan.

http://www.wimp.com/livesbrain/

Hemispheres such as the visual cortex have been noted to be active even in blind individuals.

The visual cortex sometimes seems to be involved in spatial orientation just as if the person was creating a map through sound and proprioception.

This makes me think the brain finds employment for neurons and synapses and doesn't let anyone sit around idle.

Highlights from the Desk of the Executive Director, Harry Zarins

We continue to move in a positive direction. Over the holidays, we completed the tweaking of our website to streamline our view. For up to date information on brain injury, brain injuries and brain injury prevention look on our Facebook page and Pinterest board at ***http://pinterest.com/biacaclc/***. Don't forget up to the minute information can be found on our Twitter site. ***http://twitter.com/biacaclc***

At the end of February, we will be launching our weekly Impact News Brief. The news brief will be in subscribers' mailboxes every Thursday. The news brief will cover timely information; have a survivor and caregiver section, as well as a coming events section. We encourage you to submit information and articles that relate to the brain injury community. This might include research updates, research findings, challenges faced by the community and much more. This will be our voice to get the word out. Our present newsletter will continue to be printed six times a year. To eliminate any confusion between the news brief the newsletter, will be titled the Impact - Pathways Ahead E-Magazine. I encourage you to spread the word in whatever way you can about these two excellent e-publications.

One issue that continues to come to the forefront is Housing for people in our community. On almost a daily basis, this topic comes up and in the very near future if it isn't already here this will become a crisis. This is a challenge that provinces and the federal government will have to deal with over the next few years.

Over the holidays, the office dealt with a family, where a family member who had suffered a brain injury as a pedestrian was looking for support and information. The man lived in a one room apartment and couldn't reach anyone because of the holidays and media requests dealing with ski helmet certification due to 2 deaths on the ski hills in Ontario. This topic received national attention. More recently, from a remote part of Quebec, we provided support to a family where a teenage girl had suffered 3-4 concussions as a result of snowboarding incidents over a three year period and was exhibiting signs common to long term effects of a concussion.

The Brain Injury Association of Canada does not receive any government funding. We receive modest support from sponsors and a few donors. We need support to continue our growth and we are reaching out to you to your friends and business contacts to donate to the Association by hitting the donate now button on our website at ***www.biac-aclc.ca***

I would also like to invite you to visit Canada Cares: A Celebration of Caregiving at *www.canadacares*.org Caregivers are invited to submit their stories.

Last year, saw the first Brain Injury Global Picnic, this year's picnic will be held on September 21, 2013 visit ***www.biglobalpicnic.org*** for more information.

The Annual Conference Committee is gearing up and we are looking forward having another exciting conference in Kingston, Ontario September 25-27, 2013. You will be able to find the call for abstracts in this issue. Registration will commence on March 1st, 2013.

The Globe and Mail is running a series on The Brain. To view the articles go to: ***http://www.theglobeandmail.com/technology/science/brain/***

Wishing you a great winter as we will be heading into spring soon.

Harry Zarins

The Life Without Compromise

The Life Without Compromise initiative is seeking story submissions from the public to share with the world. Inspiring individuals/families living with a disability and organizations devoted to helping and advocating for the disabled community are encouraged to share their story. Selected stories will be published in an e-book released in honor of National Caregivers Day on April 5, 2013.

One in every seven Canadians lives with a disability. The Life Without Compromise initiative invites individuals and organizations exhibiting a Life Without Compromise spirit to submit their story. Online submission is easy and requires less than 400 words with a picture or short video. Full details and the online submission form is available at lifewithoutcompromise.ca

"Our goal is to celebrate and bring awareness to the many amazing things people with disabilities can do, not the few things they can't," says Peter Grande, President of MV-1 Canada, the lead Sponsor for this project. "We are seeking to create an interactive and inspiring book for the community and personal stories all Canadians can reflect on".

Stories may be about:

Parents caring for children with special needs, or raising a family while living with their own disability

Community leaders, healthcare workers and volunteers working to improve the lives of others

Kids, athletes, artists or anyone who refuses to accept a limitation

Wherever determination trumps disability, there's a Life Without Compromise story.

Life Without Compromise is partnering with a number of not for profit organizations to collect stories and spread the word. Social media will be primarily used in an effort to change perceptions and increase awareness of what individuals can accomplish with hard work, focus, determination, support and strength of character.

For more information, visit *www.lifewithoutcompromise.ca* or contact Peter Grande at 905 738 3800, pgrande@motiongroup.ca, *www.mv-1canada.com*

In Memoriam
Lissette Coulling

A great loss in the SBIA community…
By: Barb Butler

Lissette Coulling

We were saddened to hear of the passing of Lissette Coulling on December 9th, 2012.She had been the executive director of SBIA for many years. Her passion for brain injury awareness, support and resources was well known across Canada. She was the founding vice president on the board of the Brain Injury Association of Canada.

She was well loved by many for her kindness, goodness and caring. She always saw the good in people and the potential in survivors even if they did not see it in themselves. She was a champion of the survivor, often going that extra mile; literally as well as figuratively, to do what she could for them. She worked for the SBIA in our lean years when money to run our camps and conferences wasn't plentiful and yet she pulled them off with a style and flair that only she could have. She had the ability to "rally the troops" and volunteer both her family and friends to assist. She was always ready with a story that, although you didn't know it at the time, you would recall years later and smile. It has been said, "to live in the hearts of those we love is never to die." I can only hope that there is a small part of Lissette that will live in the hearts of the survivors whose lives she touched over the years. This ensures her strength and determination will live on.

Rest in peace my friend, job well done.

Ignorance is not bliss!

The narrative under this Belgium graphic is less polite than we see in North America and may be more effective in shaming able bodied drivers into respecting the intended use of these spots.

Accessible parking is a necessity for individuals using mobility aids and not a matter of status or convenience.

A translation of this colloquial French is "Being an ignoramus does not qualify you as handicapped, park somewhere else."

Perhaps North American urban planners should take note of this psychology lesson!

Justin and his sister Julia, a Neuroscience Nurse at the Civic Hospital in Ottawa.

Justin receives Queens Diamond Jubilee Medal

Justin McKenna received the Queen's Diamond Jubilee Medal on Friday, December 7, 2012 on Parliament Hill at the Queen Elizabeth II Diamond Jubilee medal ceremony.

In his speech Pierre Lemieux remarked

"I would now like to honour Mr. Justin McKenna.

Justin McKenna and Pierre Lemieux. The Conservative MP for Glengarry-Prescott-Russell in Ontario and Member of Parliament.

In 2010, Justin launched Brain Matters, a fundraising event to educate people and to raise funds for people who suffer from Traumatic Brain Injury. Brain Matters has since grown into a key awareness campaign about those living with a traumatic brain injury. Justin's strong spirit and his love for life has been a true inspiration for everyone that knows him. Despite the challenges of living with a brain injury and studying in University, Justin still finds time to pursue his education and advocacy work and he continues to organize events meant to raise awareness of traumatic brain injury such as the wheelchair basketball challenge. Today, it gives me great pleasure to honour this outstanding citizen and extraordinary Canadian with the Queen's Diamond Jubilee Medal."

It was a beautiful and successful event attended by 160 people. Parliament Hill provided a dignified venue, and was traditionally decorated for the Christmas season. The official ceremony took place in Centre Block and was followed by a wine and hot hors d'oeuvres reception.

Journaling after Brain Injury

By Barbara Stahura, CJF

When a brain injury transforms the familiar story of your life, how do you make any sense of what's happened? When that injury damages or destroys essential elements of what makes you you, how do you cope? When you can find very little—or no—solid ground, what can you use to support your post-injury life? One answer: Journaling.

Writing in a private journal gives you the opportunity to explore and record your thoughts and feelings about what is happening in your life. While journaling is not necessarily therapy (unless done with a therapist), it is often therapeutic. Many studies have demonstrated that you can experience physical, emotional, and mental benefits from this practice. No writing or journaling experience is necessary; all you need is to give yourself permission.

A brain injury need not prevent you from journaling. Depending on your abilities, you may easily write a page or more in one seven- to ten-minute writing session, or you may be able to write only a few sentences. Either way, the self-expression is beneficial. You may be able to write by hand or use a computer keyboard or an augmentative communication device. If not, you can use various accommodations such as a voice recorder or voice-activated software, or you can ask a trusted person to scribe your words for you. And, as has been my experience in facilitating journaling groups for people with brain injury and family caregivers since 2007, coming together with others to write and share what you've written provides unique, welcome support from others who truly understand.

In addition, journaling in a facilitated group helps you to:

- Enhance written and verbal communication skills
- Stimulate cognitive and executive skills (following direction, organizing, planning, sequencing, attention, processing, etc.)
- Promote post-injury self-awareness (deficits and strengths)
- Assist in planning for the post-injury future
- Promote dialogue and understanding with family members and others
- Encourage healthy self-expression after a trauma and major life disruption
- Prepare for community re-entry

Finding and holding focus can be a challenge after a brain injury, so using prompts to start writing a journal entry can help you. My book After Brain Injury: Telling Your Story includes a variety of prompts with each exercise. Here's a small sample: "Living with a brain injury is…" and "I encourage myself to remain hopeful by…" and "It's so unfair that I have this brain injury because…"

Using some well-known journaling techniques offers variety and the opportunity to be creative and stretch your imagination. Some of these techniques are writing a dialogue, unsent letters, and list-making. (Dialoging with or writing a letter to your brain can be very enlightening!)

Journaling is a validating process that fosters self-empowerment for people with brain injury (and their family caregivers as well). By journaling to explore your post-injury life, you can boost healing of body and mind, come to grips with what has happened, and rebuild your life. Powerful when done on your own, it can be even more so when done in a supportive, facilitated group.

Barbara Stahura, Certified Journal Facilitator, has been leading journaling workshops for people with brain injury, family caregivers, and others since 2007. She created the workshop that evolved into her book After Brain Injury: Telling Your Story (Lash & Associates Publishing/Training, 2009), the acclaimed first journaling workbook for people with brain injury. She has presented journaling workshops at Brain Injury Association conferences in the U.S., at rehabilitation centers, for the National Guard, for equine-facilitated experiential learning groups, writers, and others. She is a certified instructor of Journal to the Self®. She lives in Southwestern Indiana with her husband, Ken Willingham, a TBI survivor. http://www.barbarastahura.com

Prime Minister Stephen Harper & Diane Finley, Minister of Human Resources & Skills Development, present Randy Fowler with the Prime Minister's Volunteer Award for Lifelong Achievement on December 14, 2012

BIAC congratulates Randy Fowler

In 1982, Randy Fowler suffered a traumatic brain injury in a horrific car crash that killed his best friend. The promising young football player spent months in a coma and was expected to remain in a vegetative state for the rest of his life. After years of intensive rehabilitation, Mr. Fowler has battled back to become a prolific and passionate motivational speaker.

Mr. Fowler has shared his devastating experience with more than 30,000 students over his 25-year involvement with the PARTY (Prevent Alcohol and Risk Related Trauma in Youth) program. In frank speeches and a moving video circulated to schools across Canada and the United States, Mr. Fowler delivers a compelling message that is equally cautionary and hopeful. At the Association for the Rehabilitation and the Brain Injured (ARBI), Mr. Fowler is a role model for providing mentorship and hope. As a member of ARBI's Board of Directors, he provides a survivor's perspective. An energetic fundraiser, he has given many corporate presentations during the annual United Way Campaign and raised roughly $50,000 for the Southern Alberta Brain Injury Society's annual Walk N' Roll campaign.

Mr. Fowler's candour and courage lend depth and power to his message. He hopes to influence listeners, especially young people, to make smart choices, such as using designated drivers and wearing helmets and other protective gear. Mr. Fowler's success is immeasurable, much like his generosity of spirit.

Brain Awareness Week (BAW) is the global campaign to increase public awareness of the progress and benefits of brain research.

Every March, BAW unites the efforts of partner organizations worldwide in a celebration of the brain for people of all ages. Events are limited only by the organizers' imaginations and include open days at neuroscience labs; exhibitions about the brain; lectures on brain-related topics; displays at libraries and community centers; classroom workshops; and more.

For information about becoming a partner or to register, visit Partner Registration at *www.dana.org/brainweek/* You can also find us on Facebook!

Visit BAW Resources for event ideas, planning tips, outreach tools, education and science resources, and downloadable materials. Search the International Calendar of Events for BAW activities. Login to Partners Only to post events, order free materials, and submit a report, or download official BAW Logos and Other Graphic Materials including a web banner, poster, flyer, bookmark, participation certificate, and more.

Go to Downloadable Materials for puzzles and coloring sheets.

Get to know our BAW partners on the Partner Spotlight page.

Search the Partner List for campaign participants.

Read Partner Reports from around the world.

Browse the BAW Photo Gallery from past and present campaigns.

Consult BAW FAQ for questions about the BAW campaign and website.

MARK YOUR CALENDARS!

Trevor's Double!

Captain Trevor Greene and his wife, Debbie, are celebrating two unique accomplishments this year. The first was last summer when Trevor, Debbie and their daughter Grace, welcomed into their family a beautiful baby boy named, Noah. The second occurred in November, when Trevor was awarded the Queen Elizabeth II Diamond Jubilee Medal at Government House in Victoria, BC. The commemorative medal was created to mark the 2012 celebrations of the 60th anniversary of Her Majesty Queen Elizabeth II's accession to the Throne as Queen of Canada. The prestigious medal is a unique way for Canadians to honour Her Majesty and acknowledge her sixty years of service to our country. The medal was also designed to honour 60,000 Canadians for their significant contribution and achievements.

Captain Greene was serving in Afghanistan when an insurgent struck him in the back of the head with an axe. His tremendous and inspirational journey through rehabilitation and recovery is documented in March Forth, a book written by him and his wife.

Equal Access to Justice for the Mentally Disabled

By Rick Theisen

Many times when the mentally disabled come into contact with the justice system they are unjustly found guilty. Sometimes they are presumed accountable by virtue of the fact that they are diverted. Innocent people are not diverted. Mentally disabled people often don't defend themselves and don't reveal exculpatory evidence. This can be due to various things. They may feel guilty when they are accused (a consequence of childhood abuse). They may also be a common target of abuse in society, especially in school, because the symptoms of their disability are visible. The abusers are often 'tough people' who can't stand to see weakness in others (it scares them because it may cause them to recognize their own weaknesses).

Many times a mentally disabled person is abused for a lengthy period of time and finally lashes back in self-defence. This is when the mentally disabled person is accused of a crime. Since the crisis has come to a head, the mentally disabled person may feel ashamed that he allowed himself to be controlled by the actions of others.

So what's the answer? Well, in cases in which the police believe that the accused is mentally disabled (physically, mentally, or emotionally) they should be mandated to treat the person in a non-threatening fashion. They should ask questions they are not normally asked of an accused. The police should have a list of what constitutes abuse and should ask the mentally disabled person if he or she has been abused in any of these ways. They should provide examples to help the mentally disabled person understand what abuse is.

In the interrogation the police should ask the mentally disabled person what happened in detail. They should pay particular attention to the order of events, since self-defence normally follows a threat. In response to the information gathered, the police should ask witnesses more questions and should question more potential witnesses than they normally would. in order to affect justice. In this way it may be determined who, should be brought before the justice system as an offender. Remember, diversion of a mentally disabled person presumes that he has offended – the system needs to be more balanced in order to represent the mentally disabled person fairly.

I am a mentally disabled person who faced injustices in the courts due to my inability to defend myself. The arresting officer said to me that I must have something wrong 'up there', pointing to her head. I did manage to get an appeal hearing on my own, but It is when I'm standing before authority that my disability most expresses itself. The judge said that the consequences were too trivial to waste the court's time. I had already been deprived of a trial because the Crown intimidated me into accepting a plea bargain.

I didn't tell the appeal judge the most important issue: I had been abused for two and a half years by a group of bullies and that threatened me with physical harm. It was only then that I reacted instinctively in self-defence with a threat of my own against those who would seek to harm me. I've had many years of treatment since then, and now understand why I was my own worst enemy. I'd been brain-washed into believing that people should take care of themselves physically, though I have never been inclined to violence myself. I was ashamed of myself for my 'weakness', and consequently, never mentioned the bullying to the court.

There's more that could be done to provide equal access to the mentally disabled. Particularly, once their rights have truly been established, signs should be posted on the subject inside the courthouse. These should also mention the resources that are available to them. *cont over*

Even when the consequences of an unjust conviction may seem trivial to a judge, a sentence or diversion that leads to no criminal record still adds stigma that the mentally disabled person must face every day. Today we many of us can't speak of our disability for fear of being stigmatized, even when the disability in not visible. That prevents us from seeking help.

A 'trivial' sentence or diversion is also something that the mentally disabled must keep secret, one more source of stigma added to that which is already suffered. And since the justice system is open to the public, the public often hears of the sentence. It may be printed in the newspaper, so that the public may read it there. The only way to remove the stigma is to remove the sentence, to reverse the decision. Yet even that is not enough. While bullies are not held accountable for their actions they will continue to feel entitled to bully. I wasn't the only target of the bullies at that school.

I hope that each health care professional who reads this and other articles on the subject may be more greatly encouraged to speak out, knowing that the issue is getting needed public attention.

All those in authority who read this, those who are in a position to affect change for the better, I ask you to consult those who have gone through such injustices. As well, I encourage you to consult those who suffer along with the mentally disabled – relatives and friends.

Consult psychiatrists who deal with the victims of injustice. Knowledge, power and action are required for change.

For further information contact

rgtheisen2003@gmail.com

Please note that all of the opinions expressed here are those of the author.

Staying healthy and immunized is a lifelong process. Are you fully protected?

In anticipation of the coming flu season it is wise to protect yourself, your family and those around you by receiving a flu vaccine.

This website will tell you where when and how to access a clinic near you.

This years vaccine is formulated against three different strains so even if you have caught the flu you should pursue immunization as it will further protect you from the other two varieties.

Whether its your yearly flu shot, a specific travel vaccines, or you may want to ensure that your child or teenager has the recommended vaccines for infants, children or teenagers.

Go to Vaccines411.ca, Canada's Vaccine Clinic Directory, a Canadian innovation and the first of its kind. Here you will find an extensive list of clinics offering immunizations across Canada, along with reliable Canadian-based

information about a wide range of vaccinations.

It's easy. Simply enter your postal code to locate the vaccine clinic closest to you.

Are YOU Ready??

by Shirley Johnson

First and foremost – my wish for you all is for peace, health and happiness for 2013. Now that Hanukkah, Christmas and New Years are over are you ready for April? No, I'm not talking about Easter - I'm talking about income Tax. I know no one wants to think about it but it really is time to make sure you have all your paper work ready to prepare your income tax return. We have all been saying that time is going by quickly and it really does seem to.

In addition to the usual - getting T-4's for wages, disability pensions and other incomes - there are some areas to consider if you have a severe and prolonged disability that affects your daily living or if you are caregiver for someone who does.

First and foremost, does this disability affect one's daily living in the area of feeding, dressing, speaking, bowel and bladder functions, or performing the mental functions that are necessary for everyday life? If this fits your situation then you may qualify for a disability tax credit. You think that you don't have enough income to bother? Perhaps you are right but you might be able to transfer this tax credit to someone else.

If you require an assistant whom you pay for their help to enable you to perform your daily activities and pay for that help you must have a doctor confirm this need in writing and you must get a receipt from the assistant (with their social insurance number noted on it for CRA reference). The cost of this assistance is a tax deductible expense for you.

In addition, every person should keep ALL their receipts for medical expenses – prescriptions, physiotherapy, massage by a registered massage therapist, hearing aids and batteries, counselling and everything else of a medical nature. If your doctor 'prescribes' a medication that is available over the counter ask that he write it out on a prescription form and attach your receipt to that form for consideration. Many of the deductions must be paid to a professional who normally offers such services. Payments to a relative are not eligible. In almost all cases, to be eligible for a deduction, there must be an accompanying note/letter from a doctor clearly outlining the necessity of the service or device. These receipts do not have to be claimed on a January through December basis but can be for the 12 month period that gives you the most benefit (so long as it ends in the current calendar year).

Finally, a caregiver might be eligible for a caregiver deduction. A candidate for this deduction could be a relative, spouse or partner who is dependent on you because of a physical or mental infirmity.

This is only a summarized overview of things to consider. The important thing to remember is to be prepared – have your documents collected so you don't miss anything and have proof for every deduction as well as doctor's confirmation of your impairment. When it comes time to actually file your Income Tax Return please have someone experienced in filing for persons with infirmities help you so as to ensure you get the maximum deductions allowable. This does not usually include the kiosk in the mall or grocery store tax preparers.

If you have any questions please don't hesitate to email me – shirleyjohnson@shaw.ca.

Do you care?

Visit canadacares.org. Join the celebration. Stand up and be counted if you are a caregiver or a health professional.

canadacares.org

One in four Canadians is a family caregiver and thousands of health care professionals provide support, education and care every single day. You can make a difference:

- Tell us your stories and send a photo or YouTube™ video just for fun
- Win fabulous prizes
- Nominate a great caregiver
- Help us raise the profile of caregiving
- Be part of our coast-to-coast national resource network

Enter to **WIN** **1 of 3 MV-1 accessible vehicles*** and many other prizes!

Change the face of caregiving!
Visit canadacares.org today.

Canada Cares
A CELEBRATION OF CAREGIVING

Founding partners:

Supporters:

Media partners: Caregiver Solutions ■ Today's Kids in Motion ■ Rehab & Community Care Medicine *For entry forms and full contest rules, visit **www.canadacares.org** © 2012 Canada Cares Resource Network

Brain Injury Association of Canada
Association canadienne des lésés cérébraux

ANNUAL CONFERENCE OF THE BRAIN INJURY ASSOCIATION OF CANADA

September 25 - 27, 2013

Kingston, Ontario, Canada

Call for Abstracts

- Date: **September 25-27, 2013**
- Location: **Kingston, Ontario, Canada**
- Venue: **Ambassador Conference Resort**
- Opening Date for Abstracts: **February 1, 2013**
- Closing Date for Abstracts: **March 4th, 2013**

CONFERENCE STREAMS

Review and programming for the conference will be done according to the following streams and brain injury at home – work – play - sport:

1) SURVIVORS AND CAREGIVERS

Survivor Successes - Paediatric and Adults:

Successful strategies to facilitate a resumption of normal activities by increasing self-reliance in daily living over time (short term and long term), for people (pediatric through adult) living with an acquired brain injury.

Reintegration Programs:

Examination of long term and short term programs and methods for caregivers and stakeholders who provide services to people living with an acquired brain injury.

Support and Advocacy:

Resumption of activity and social reintegration including support networks with family, friends, caregivers, health professionals, for people living with an acquired brain injury.

2) PREVENTION

Children, Adolescents, Adults and Seniors:

We will examine current topics of interest such as concussion management; innovative prevention strategies, best practices, and educational programming that promote and facilitate the prevention of acquired brain injuries from paediatric through adult.

3) SCIENTIFIC AND PROFESSIONAL RESEARCH

Paediatric and Adults:

Reports from researchers, physicians, scientists and healthcare professionals actively working in the area of brain injury (paediatric through adult). Submissions in this stream should be evidence-based, evaluation or treatment models with outcomes.

We are welcoming poster presentations.

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ANNUAL CONFERENCE OF THE BRAIN INJURY ASSOCIATION OF CANADA

September 25 - 27, 2013

Kingston, Ontario, Canada

HOW TO SUBMIT ABSTRACTS

Abstracts must be received by BIAC via either email or fax before the closing date. Abstracts may be submitted, and presentations made, in either French or English. **Presentations will be limited to 45 minutes with 15 minutes for questions and answers.**

PREPARATION OF ABSTRACTS

The abstract must indicate the conference stream you wish to present in:

- Overall objective of the presentation and audience it is targeting;
- Description of the content including the scope, magnitude & importance of the presentation;
- Results, conclusions and / or any recommendations;
- Multimedia portions of presentation;
- Clear indication whether a question and answer discussion will follow.

Language Presentation will be presented in either French or English. An abstract is not a formal publication and therefore should not include literature references or grant acknowledgments.

PRESENTATION OF ABSTRACTS

Abstracts are to be submitted to:
E-mail: barbbutler@biac-aclc.ca
Barb Butler; Conference Committee Chair Fax: 306-584-9419 If you have any questions please call Barb Butler @ 306-530-8703

The National Conference and Program Committee reserves the right to decide the format of presentation on the basis of time and space available. Abstracts will be reviewed by the Committee and you will be notified of abstract acceptance along with details on the form of presentation on or by April 30, 2013.
Presenting authors must also include their bio and a picture in a format that we can use for the conference brochure, with their submission. (No exceptions).

FOR SPONSORSHIP OR EXHIBIT OPPORTUNITIES PLEASE CONTACT:

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Brain Injury Association of Canada
Association canadienne des lésés cérébraux

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About Our Cause: Acquired Brain Injury

In an instant a life is changed, forever. Every day, we participate in activities that produce endless risks for sustaining a brain injury: car accidents, a fall from a bike, or a blow to the head. It is estimated that thousands of Canadians incur a traumatic brain injury (TBI) and mild traumatic brain injury (mTBI), also known as a concussion, each year, the majority being young adults. Statistics indicate that the incidence of brain injury is two times greater in men. The Brain Injury Association of Canada strives to raise awareness of the incidence of acquired brain injury (ABI) in Canada.

A brain injury may make it necessary for the injured person to require full time assistance. Families often become the primary caregiver and support person. Many families are left to cope on their own. They sometimes have little understanding of the effects of the injury and the demands that will be made of them by an injured family member. Families need support from others who understand the effects of acquired brain injury. The Brain Injury Association of Canada (BIAC) provides a shared forum for the support of both families and survivors. BIAC also advocates for the enhancement support services.

Prevention through public education, and safety legislation is the key to the reducing the occurrence of ABI amongst Canadians. The Brain Injury Association of Canada engages in extensive public education initiatives through its many local community associations across Canada.

Medical and safety research is another key to addressing ABI. The Brain Injury Association of Canada endeavors to support and promote research in Canada and internationally.

Impact BIAC News is here to serve the readers and is published four times a year (Editors - Barb Butler, Guy Lemieux). We invite submissions: professional articles on rehabilitation, acquired brain injury, and injury prevention, personal interest, provincial and local association news, and profiles of courage.

Advertising rates per issue print and electronic exposure on our website

Business Card - $100.

1/4 page - $200 • 1/2 page - $300

2/3 page - $400 • full page - $500

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Please note:

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