

## MORE PROGRAMS

### LET'S GO OUT & ABOUT

Transitional support for shopping, errands and appointments while learning strategies for social situations. We can help with everyday living strategies. Visit our website or call us directly.

### LET'S BUILD FOR LIFE

Referral by physician or healthcare professional. Fax or email intake form.

26 weeks for rebuilding skills and a life after brain injury, which includes strokes. Strategies for improving cognition; reading and writing; managing stress; exercise; getting involved in the arts, working with music; and playing 'brain games'.

Health status monitoring including foot care on site. Learn and practice safety protocols for **Covid-19**.

Let's Talk (aphasia) Level 2 and 3. The goal of intervention is to help achieve the highest level of independent function for participation in daily living.

### LET'S LEARN

Knowledge and activity-based workshops consisting of a variety of topics and activities to rebuild skills for a life after brain injury for the survivor and the caregiver. The process of learning something new improves brain plasticity. Contact CBIS to learn more.



### CBIS Mission

Provide high-quality, person-centered community rehabilitation and care for people with acquired brain injuries to help them adapt, learn and live more independently through hope, advocacy, awareness, education, prevention, research and support.

## Therapeutic Recreation-based Rehabilitation Programs



Funded in part by:



Brain Injury Program

## LET'S CONNECT PROGRAM

Peer support is all about listening, providing emotional support, and inspiring HOPE.

Case Management, Education, Awareness, and Prevention

Individual and family support. A social network promotes a sense of belonging and confidence, which supports learning.

Individual and group programs—Working with art helps to process emotions and build skills, particularly organizational skills. Journaling is another outlet for feelings, as well as perspective when you look back in time. Let's Talk (aphasia program) Level 1.

Let's Vet - peer support for our Veterans (a new program). No two brain injuries are the same. Recovery is unique. One vet to another vet. A brain injury can change how they think, remember, reason, organize, plan and problem solve - the abilities essential for independent and active lives.

Special events like our Annual BBQ, Kitchen Party and our Annual Car Rally.



## Cowichan Brain Injury Society

Telephone: 250-597-4662

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Website: [www.cowichanbraininjury.org](http://www.cowichanbraininjury.org)

## “STEPPING STONES” Adult Day Program Recreation Based Rehabilitation

**Referral by physician or healthcare professional. Fax or email intake form.**

Monday to Friday 9:30 am - 3:30 pm, Nutritional snacks and lunch provided.

The goal of the program is to live a healthy, balanced life to prevent another brain injury which includes strokes. By balancing the mind, body and soul; approaching life with a positive attitude; developing coping skills to reduce stress; and using our talents and strengths through recreation and play.

The therapeutic use of art improves motor skills, decreases anxiety, expresses emotions, increases social skills and builds trusting relationships with another peer support.

Best practices in health and wellness.

Health status monitoring including foot care on site. Learn and practice safety protocols for **Covid-19**.



**Therapeutic recreation** services are treatment services designed to restore, remediate and rehabilitate a person’s level of functioning and independence in life activities, to promote health and wellness, reduce or eliminate activity limitations and restrictions.

## KIT FOR LIFE Community Rehabilitation Program

**Referral by physician or healthcare professional. Fax or email intake form.**

52 week rehabilitation program uses experiential learning for practical building blocks to reconstruct life after a brain injury, which includes strokes. Followed by a 52 week post-community support for any obstacles and challenges.

Weekly goal attainment scales developed with health care team. A wall mural, a carved mask, and PhotoVoice project to process emotions associated with healing from a brain injury are final outcomes.

Let’s Get Healthy includes exercise, nutritional education, experiential learning for menu planning and cooking. Develop Back to Basics cookbook, complete Food Safe Level 1, First Aid and CPR.

Health status monitoring including foot care on site. Learn and practice safety protocols for **Covid-19**.

Let’s Journal uses current literature to create a framework for presenting key topics for daily thoughts and actions to create a healthy balance and take personal control of our lives.

Rebuilding skills like managing stress, getting involved in art, carving, kayaking, working with music and playing ‘**brain games**’ improve cognition.

**Psychosocial rehabilitation** principles are used for skill development and re-creation. The regular occurrence of recreation stimulates a healthful emotional balance within an individual.



**Therapeutic recreation** utilizes treatment, education, and purposeful recreation to assist individuals to acquire, maintain, restore, and/or improve attitudes, skills, knowledge, and behaviors for optimal leisure functioning.