

THOMSON ROGERS COVID SURVIVAL TOOL KIT

We are all feeling the effects of isolation as a result of COVID-19. Those who have suffered severe injuries, and their families, are particularly vulnerable with COVID, resulting in limited opportunities for interaction with treatment providers and supports.

We at Thomson Rogers and PIA Law hope to help our clients and others who have suffered serious injuries overcome these difficulties. We have invited treatment providers and supports for the Acquired Brain Injury Community to help us prepare a resource list which we hope will be of assistance to all of us, and most particularly to those who are suffering injuries and impairments that put them in greater danger of isolation from their friends, family members, treatment providers and other health care professionals upon whom they rely. There are also self-care resources which we hope will help us all develop a better healthy balance despite the incredible barriers COVID has caused.

We know that treatment providers are making exceptional efforts to provide additional virtual supports; however, this intervention needs to be provided hand in hand with in-person essential support and other tools. When these in-person and virtual supports are woven together, we hope there will be a greater opportunity to help those who are seriously injured accomplish treatment goals, increase their sense of self-worth and maintain and enrich the connection that is vital to prevent us all from being victimized or isolated due to the impacts of COVID.

As such, Thomson Rogers' lawyers Matthew Sutton, Stacey Stevens and David MacDonald, working together with Dr. Joanna Hamilton, Neuropsychologist, Rehabilitation Case Manager Leigh Craney, and Keith Lindsay of Bartimaeus have collaborated and canvassed Brain Injury Associations including OBIA and those in Southern Ontario to prepare a list that provides some supports, resources, and daily tools to do the best we can to keep our clients' health and keep all of us connected with those who are important to us.

As part of its COVID-19 Clients Support Strategy, Thomson Rogers' lawyers are making daily efforts to reach out to clients by telephone and by Zoom calls as well as by participating in Webinars that share what you should expect from your lawyer during COVID-19, to help clients maintain connection with their legal representatives and with all resources that are important during COVID-19. We will be presenting to Brain Injury Survivors and their families, treatment providers and supporters in BIST's PIA Summer Webinar on August 25, 2020 at 3 pm. The webinar will be recorded and will be available to view at ThomsonRogers.com/webinars.

In the meantime, as always, please reach out to your lawyer at Thomson Rogers if you wish to schedule additional Zoom calls or telephone contact in addition to our firm COVID initiatives. A list of our lawyers and their contact information can be found in the resources that follow.

You may also find a list of accredited lawyers in the Province of Ontario at the Trauma Resource Directory: <https://traumaresourcedirectory.com/find-a-trauma-lawyer/>

On behalf of Thomson Rogers and the PIA, we wish you health, safety, wellness and community connection throughout the COVID pandemic and a speedy recovery from your injuries.

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SELF CARE RESOURCES

SELF CARE

- Establish a balance and structured daily routine
- Get enough sleep. Free sleep apps available:
 - Sleep cycle
 - Sleep Time
 - Pillow
- Track your nutrient intake: fuel your body with nutrients that will fuel you. Many free apps available:
 - My Fitness Pal
 - My Net Diary
 - Fooducate
- Daily exercise or gentle movement: 30 minutes a day of any gentle exercise or movement can help improve mood, sleep, and pain. This can be as simple as walking or stretching
- Guided meditation, try these apps which can be synched with daily schedules:
 - The Mindfulness App
 - Headspace
 - Calm
 - Buddhify
- Virtual yoga:
 - YouTube is a great free resource for online yoga sessions, example: Yoga with Adriene

- Yoga apps often include a membership fee, which is often worth it: DownDog, Yoga Studio: Mind and Body,
- Call your local yoga studio – many are offering virtual classes
- Set weekly goals and put them on display so you can read them every day. For inspiration try this format:
 - “I will focus on” _____
 - “I will let go of” _____
 - “I am grateful for” _____
- Setting daily goals: pick one small, achievable goal that will provide a sense of accomplishment. Find joy in checking it off
- Journaling. Try these apps:
 - Day One Journal
 - Moodnotes
 - Daylio
 - Old fashioned pen to paper!
- Join a virtual support group, through BIST or other local chapters

DAILY SUPPORT

- Invisible Care : <https://invisiblecare.ca/>

CRISIS MANAGEMENT

- Suicide Prevention App: The Lifeline Canada Foundation: <https://thelifelinecanada.ca/>

SELF CARE: MINDFULNESS / MEDITATION / YOGA / EXERCISE RESOURCES

- Gentle Exercises: <https://bist.ca/resources-covid-19/gentle-exercise-videos/>
- Exercise and Brain Injury: <https://www.braininjurycanada.ca/webinars/exercise-and-braininjury/>
- Yoga & Meditation for ABI: <https://www.braininjurycanada.ca/yoga-webinar/>
- Love Your Brain (Meditations): <https://www.loveyourbrain.com/meditation-movement>
- Love Your Brain (Yoga Videos): <https://www.loveyourbrain.com/yoga-videos>
- The Mindful Movement Podcast: <https://themindfulmovement.com/>

- Insight Timer App: Meditation sleep and anxiety: <https://insighttimer.com/>
- Article: The Big Brain Benefits of Meditation: <https://www.yogajournal.com/lifestyle/brain-meditation>

BOOK RESOURCES

- ***A Student Who Never Stopped Learning*** by Grazia Murdock-Riolo
- ***Crooked Smile*** by Lainie Cohen – *One Family’s Journey towards Healing*
- ***Discover Your Oasis, Escape Compassion Fatigue*** by William S. Cook, Jr. and Grant D. Fairley
- ***From Grave to Cradle to Now – A father’s first hand account, The Health Care Professional Edition*** by Ian Powell
- ***Over My Head*** by Claudia L. Osborn – A doctor’s own story of head injury from the inside looking out.
- ***Second Life, Second Chance!*** by Anthony Aquan-Assee – A teacher’s Chronicle of Despair, Recovery and Triumph.
- ***Where is the Mango Princess?*** by Cathy Crimmins – A journey back from brain injury
- ***Winds of Change*** Edited by David E. Scott – A collection of inspirational stories by survivors after brain injury that illuminate the power of the human spirit to overcome adversity.

For a free copy of any of these publications, please contact Thomson Rogers’ Client Services Coordinator Elisa O’Neill at 416-868-3195 or eoneill@thomsonrogers.com.

VIDEO RESOURCES

- The Invisible Rain Cloud: What’s It Like To Live With A Traumatic Brain Injury? https://youtu.be/nS0F_k4GT9Y
- Living With A Stranger: My Husband’s Brain Jury: <https://youtu.be/XzIzrueE1dQ>

BRAIN INJURY SOCIETY RESOURCES

Brain Injury Society of Toronto (BIST) - <https://bist.ca/resources-covid-19/>

- Brain Injury Services: <https://bist.ca/resources-covid-19/brain-injury-services/>
- Mental Health Resources: <https://bist.ca/resources-covid-19/mental-health-supports/>
- Online Addiction Support Services: <https://bist.ca/resources-covid-19/online-addiction-support-services/>
- Meals on Wheels & Essential Items Delivery Services: <https://www.ontariocommunitysupport.ca/>

Toronto Acquired Brain Injury Network - <https://abinetwork.ca/>

- ABI Community service information during COVID-19: <https://abinetwork.ca/network-releases-covid-19-service-impact-report/>

Ontario Brain Injury Association (OBIA) - Provides education, awareness and support for individuals and families impacted by acquired brain injury: <http://obia.ca/>

- Concussion Resources for Adults: <http://obia.ca/concussion-resources-for-adults/>
- OBIA now part of COVID-19 mental health initiative: <http://obia.ca/obia-now-part-of-covid-19-mental-health-initiative/>

Ontario Community Support Association

- COVID-19 Health Resources: <https://www.ontariocommunitysupport.ca/>

Trauma Resource Directory - Free service for individuals looking for health care professionals and treatment providers in Ontario: <https://traumaresourcedirectory.com/>

March of Dimes Brain Injury Resources - Provides rehabilitation, attendant care, peer support and supportive housing programs to adults and children living with the effects of a brain injury. Services are offered across in the home, community, school, hospital and/or workplace: <https://www.marchofdimes.ca/en-ca/programs/abi>

Brain Injury Canada - <https://www.braininjurycanada.ca/>

Community Head Injury Resource Services (CHIRS) - Provides a broad range of supports to individuals with ABI; residential programs; supported independent living; adult day programs and community programs: http://www.chirs.com/up_to_date/alerts?fromPromo=flyin

COTA Acquired Brain Injury Services - offers case management, supportive housing, short-term residential beds, day programs, court and justice related services, an assertive community

treatment team (ACT), and services for individuals who are experiencing homelessness: <https://www.cotainspires.ca/acquired-brain-injury-services/>

Article: COVID-19 Welcomes the World to Brain Injury-Type Isolation: <https://www.psychologytoday.com/ca/blog/concussion-is-brain-injury/202003/covid-19-welcomes-the-world-brain-injury-type-isolation>

Article: A Guide to Mental Health during COVID-19: <https://www.braininjurycanada.ca/guide-mental-health-covid-19/>

DAY PROGRAMS / RESOURCES

- Pace Virtual Acquired Brain Injury Day Program: <https://www.pace-il.ca/>
- Westpark Healthcare Acquired Brain Injury Adult Day Program: <https://www.westpark.org/en/Services/ABIAdultDayProgram>
- Mackenzie Health Acquired Brain Injury Adult Day Program: <https://www.mackenziehealth.ca/en/programs-services/adult-day-program.aspx>

Regional Community Associations:

- Durham - Advocates for the needs of people living with the effects of brain injury community supports Day service: <https://biad.ca/>
- Waterloo Wellington: <http://www.biaww.org/>
- Peterborough - Provides a range of support services including Day Services, community supports, Coordinated Care Café in Peterborough, Northumberland, City of Kawartha Lakes, Minden/Haliburton: <https://www.biapr.ca/>
 - Dr. Joanna Hamilton - Neuropsychology for individuals who are experiencing brain injuries, strokes, seizure disorders & learning disabilities - (705) 741-2980
- Niagara: <https://www.bianiagara.org/>
- York Region: <https://www.biayr.org/>
- Toronto: <https://bist.ca/>
- Peel and Halton: <https://biaph.com/>
- Mind Forward Brain Injury Services (previously Peel Halton Dufferin Acquired Brain Injury Services): <https://www.mindforward.org/>

CAREGIVER RESOURCES

- Caregiver Resources: <http://obia.ca/caregiver-resources/>
- Family Caregiver Alliance – Self-Care for Family Caregivers: <https://www.caregiver.org/taking-care-you-self-care-family-caregivers>
- Caregiving Issues and Strategies: <https://www.caregiver.org/caregiving-issues-and-strategies>
- Caring for the Caregiver: <https://www.braininjurycanada.ca/self-care-webinar/>
- Supporting Your Family Member: <https://abinetwork.ca/individuals-families/supporting-your-family-member/>
- The Ontario Caregiver Organization: <https://ontariocaregiver.ca/>
- Family Caregivers of British Columbia: <https://www.familycaregiversbc.ca/>

DOMESTIC VIOLENCE RESOURCES

- Assaulted Women’s Helpline – offers a 24-hour telephone and TTY 1-866-863-7868 crisis line for abused women in Ontario. This service is anonymous and confidential and is provided in up to 154 languages: <https://www.awhl.org/home>
- iDetermine – Online support with professionally trained counsellors. Available 7 days a week, 24 hours a day via live chat, text and phone: <https://www.idetermine.ca/>
- Red Door Family Shelter: <https://www.reddoorshelter.ca/how-get-help>
- Ending Violence Association of Canada: <https://endingviolencecanada.org/getting-help-2/>
- Abuse & Family Law: <https://stepstojustice.ca/legal-topic/family-law/partner-abuse>
- Article: U of T Researchers seek to protect women from abuse with safety app: <https://www.utoronto.ca/news/app-built-u-t-researchers-re-tooled-protect-women-domestic-violence-during-covid-19>
 - APP: WithWomen Pathways: <https://withwomenpathways.ca/>
- Article: Why the Increase in Domestic Violence During COVID-19? <https://www.psychologytoday.com/ca/blog/making-sense-chaos/202005/why-the-increase-in-domestic-violence-during-covid-19>

LEGAL RESOURCES

Getting Insurers to Say Yes to COVID Needs

- **Thomson Rogers E-Bulletin by David MacDonald** contains highlights of the Ontario Government's Financial Services Regulatory Authority (FSRA) released Interpretation Bulletin No. AU0133INT. It provides information about what to do if an insurer is not honouring its obligation to provide access to services and care that are vital to an injured person's recovery.

<https://www.thomsonrogers.com/news/thomson-rogers-ebulletin-new-subs-requirements-for-insurers-to-pay-for-in-direct-or-virtual-services-provided-to-car-accident-victims-under-covid-19/>

THOMSON ROGERS is one of Canada's Top 10 Personal Injury Law Firms as recognized by *Canadian Lawyer Magazine*. The firm has been helping the seriously injured and their families for over 80 years.

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- Free service to help individuals find rehabilitation providers who are experts in providing treatment to injury victims and their families: <https://traumaresourcedirectory.com/>
- List of accredited trauma lawyers in the Province of Ontario: <https://traumaresourcedirectory.com/find-a-trauma-lawyer/>



Staying Connected: Brain Injury & COVID-19

Isolation and Brain Injury

You are not alone!

- Isolation and feelings of loneliness are common for those living with a brain injury
- Isolation is a state of being cut off from normal social networks, which can be triggered by factors such as a loss of mobility, unemployment, or health issues(1)
- Isolation is also related to feelings of depression and anxiety
- With the recent COVID-19 recommendations to social distance and self-isolate, it may be even more challenging for individuals living with brain injury to feel connected and can amplify feelings of isolation and loneliness

OBIA is Here for You



OBIA is committed to staying connected with our community of individuals with a brain injury, caregivers and professionals. Here are ways you can connect with us:



Helpline: 1-800-263-5404

Use our helpline to receive more information about brain injury, brain injury services, or to chat with a friendly voice during uncertain times



Email: support@obia.on.ca

Email us with any questions or concerns you have about brain injury or find us on Facebook and connect with us through the Messenger chat



Online Concussion Support Group:

Be a part of a community of individuals living with brain injury and sharing similar experiences
Register at: <http://obia.ca/online-concussion-support-group/>



Peer Support Program:

A program that offers peer support to ABI individuals and caregivers
For more information, call our Helpline or email: peersupport@obia.on.ca

Helpline

1-800-263-5404

Calls answered Mon-Fri, 9:30am - 4:00pm EST*
*revised hours effective March 23/20



Staying Connected During COVID-19

Social distancing is an important measure to help reduce the spread of COVID-19. Here are some ways we can stay connected with one another:



Video Chat:

Connect face-to-face through an online video chatting platform. Use: Zoom, Google Hangouts, FaceTime, Skype or Facebook Messenger



Phone, Text or Social Media:

Pick up the phone and chat with family and friends. WhatsApp allows for free calls and texting with a wifi connection.



Email:

Send an email to family and friends to let them know how you are doing. Get in touch with organizations to see what services they are offering.



Online Support Groups:

Get involved with an online support group to be a part of a community of individuals sharing similar experiences.



OBIA
ONTARIO BRAIN INJURY ASSOCIATION
education • awareness • support

Enhancing lives for more than 30 years...



CONTACT US

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References:

1. No Isolation. (2019, April 29). What is social isolation? Retrieved from <https://www.noisolation.com/blog/research/what-is-social-isolation/>