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, and Rehabilitation Case Manager Leigh Craney 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 at 3 pm. A link to this webinar is available through the Brain Injury Society of Toronto: [https://zoom.us/webinar/register/WN_J5ljQjYE03i6jwfhHimiQhA](https://zoom.us/webinar/register/WN_J5ljQjYE03i6jwfhHimiQhA). The webinar will be recorded and will be available to view at ThomsonRogers.com/webinars following the webinar.

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 follows below.

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/](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.
THOMSON ROGERS COVID SURVIVAL TOOL KIT

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SELF CARE RESOURCES

SELF CARE

• Establish a balance and structured daily routine

• Get enough sleep. Free sleep apps available:
  o Sleep cycle
  o Sleep Time
  o Pillow

• Track your nutrient intake: fuel your body with nutrients that will fuel you. Many free apps available:
  o My Fitness Pal
  o My Net Diary
  o 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:
  o The Mindfulness App
  o Headspace
  o Calm
  o Buddhify

• Virtual yoga:
  o YouTube is a great free resource for online yoga sessions, example: Yoga with Adriene
o Yoga apps often include a membership fee, which is often worth it: DownDog, Yoga Studio: Mind and Body,
o 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:
  o “I will focus on”______________________
  o “I will let go of”______________________
  o “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:
  o Day One Journal
  o Moodnotes
  o Daylio
  o 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.


• 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 – 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/XzlzrueE1dQ
BRAIN INJURY SOCIETY RESOURCES

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

- Brain Injury Services: [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/](https://bist.ca/resources-covid-19/mental-health-supports/)
- Online Addiction Support Services: [https://bist.ca/resources-covid-19/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/](https://www.ontariocommunitysupport.ca/)

Toronto Acquired Brain Injury Network - [https://abinetwork.ca/](https://abinetwork.ca/)


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

- Concussion Resources for Adults: [http://obia.ca/concussion-resources-for-adults/](http://obia.ca/concussion-resources-for-adults/)

Ontario Community Support Association

- COVID-19 Health Resources: [https://www.ontariocommunitysupport.ca/](https://www.ontariocommunitysupport.ca/)

Trauma Resource Directory - Free service for individuals looking for health care professionals and treatment providers in Ontario: [https://traumaresourcedirectory.com/](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](https://www.marchofdimes.ca/en-ca/programs/abi)

Brain Injury Canada - [https://www.braininjurycanada.ca/](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](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:** A Guide to Mental Health during COVIC-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/

**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/
CAREGIVER RESOURCES

- Caregiver Resources: [http://obia.ca/caregiver-resources/](http://obia.ca/caregiver-resources/)
- Caring for the Caregiver: [https://www.braininjurycanada.ca/self-care-webinar/](https://www.braininjurycanada.ca/self-care-webinar/)
- Supporting Your Family Member: [https://abinetwork.ca/individuals-families/supporting-your-family-member/](https://abinetwork.ca/individuals-families/supporting-your-family-member/)

DOMESTIC VIOLENCE RESOURCES

- Ending Violence Association of Canada: [https://endingviolencecanada.org/getting-help-2/](https://endingviolencecanada.org/getting-help-2/)
  - APP: WithWomen Pathways: [https://withwomenpathways.ca/](https://withwomenpathways.ca/)

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.
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

- 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.
- 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:
Register at: obia.ca/concussion-support-group/

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

Helpline
1-800-263-5404
Calls answered Mon-Fri. 8:30am - 6:00pm EST*
*Number may be changed effective March 2020

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 free connection.

Email:
Send an email to your 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.

References:

Thomson Rogers COVID Survival Tool Kit