

The Toronto ABI Network is focused on supporting efficient transitions from hospital to community and improving knowledge of and access to publicly funded ABI community services.

Information on wait times for publicly funded ABI services informs clinicians, patients, families and caregivers and serves as a planning tool for continued and seamless care. Wait times information in this report are provided by our member organizations on a quarterly basis for the following:

- a. **Outpatient ABI Rehabilitation** Page 2
  - [Toronto Rehab-University Health Network](#)
  - [Hennick Bridgepoint Hospital – Sinai Health System](#)
  
- b. **Community Services and Programs** Page 2-10  
 (e.g., case management, adult day program, housing)
  - [Cota](#)
  - [Community Head Injury Resources Services \(CHIRS\)](#)
  - [PACE Independent Living](#)
  - [West Park Healthcare Centre](#)
  - [March of Dimes Canada \(MODC\)](#)
  - [York Simcoe Brain Injury Services \(YSBIS\) \(Mackenzie Health/MODC\)](#)
  
- c. **Clinics** Page 11
  - [Toronto Rehab – University Health Network - Psychiatry Clinic](#)
  - [Toronto Rehab – University Health Network - Neuropsychiatry Clinic](#)
  - [Sunnybrook Health Sciences Centre](#)
  - Note: St. Michael’s Hospital – Unity Health Toronto - Psychiatry Clinic has advised that due to modifications to this clinic’s practice they will no longer accept ABI specific medical psychiatry-based referrals for neuropsychiatry. This clinic has been removed from the referral form.  
Starting: January 4, 2022.
  
- d. **Brain Injury Associations** Page 11-18
  - [Brain Injury Society of Toronto \(BIST\)](#)
  - [Brain Association of Peel and Halton \(BIAPH\)](#)

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
<b>a. Outpatient ABI Rehabilitation</b>				
<b>Toronto Rehab – University Health Network</b>				
Toronto Rehab – University Health Network	Offering admission to individuals discharged from Toronto Rehab Inpatient ABI Service and to appropriate external referrals.	Occupational therapy, physiotherapy, social work and speech language pathology services are being offered both in-person and virtually.	Virtual and in-person appointments available.	Approximately 6 months
<b>Hennick Bridgepoint Hospital – Sinai Health System</b>				
Neurological outpatient rehabilitation program	Yes, accepting referrals for outpatient program  (Internal and external to Bridgepoint)	Provide PT, OT, SLP, and SW services as appropriate	Offering both virtual and in-person sessions	5-6 months (wait times could be extended – some fluctuation does occur)
<b>b. Community Services and Programs</b>				
<b>Cota</b>				
Adult Day Service (ADS)	No operational changes, except program term, earlier it was every 4 months. Now, program term is every month.	Day services are offered in- person, from Monday to Friday	In person.  Virtual group is being discontinued	Accepting new referrals.  <u>Wait time of one month or until next term is open for new clients.</u>

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
Cota Case Management	- No operational changes to all our Case Management Programs.	Linkages to other services (such as ODSP, GP, etc.)	Combination of both virtual and in-person support.	No changes- 4 months
- North York	- Cota Case Managers are accepting referrals.  - Staff are doing self-screening and screening clients. Staff are equipped with PPE.	Safety and wellness check.		No changes- 8 months
- Etobicoke West Toronto (to Dufferin)		Supportive counselling.		No changes- 2-4 months
- Scarborough		No changes- 10-12 months		
- Downtown Toronto		No changes- 4 months		
- Central Region				
Cota Behaviour Therapy Supports	Same as above	Same as above	Combination of virtual as well as in-person support.	No changes- 2-4 weeks
Cota Scarborough ABI Outreach Program	No operational changes  We are accepting referrals.  Social distancing in place.  Staff are doing self-screening and screening clients. Staff are equipped with PPE	Assessment, consultation and intervention.	Services are provided in-person as well as virtual.	No changes- 2-4 weeks

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
<b>Community Head Injury Resources Services (CHIRS)</b>				
CHIRS- Community Support Services	<p>In-person community supports have resumed, some are modified based an evaluation of risk.</p> <p>New admissions are being accepted based on capacity to meet clients' needs.</p> <p>New referrals will continue to be accepted.</p> <p>Offering virtual and in-personal intake screening.</p>	<p>Home and community outreach services are being provided in-person and virtual support where appropriate to community clients with active screening of both clients and staff for symptoms of COVID-19 and implementation of infection prevention protocols recommended by Toronto Public Health.</p> <p>At this time, small in person groups have resumed and virtual group programming also continues to be available to both existing and new clients pending review by the CHIRS Intake Committee.</p> <p>CHIRS Family support group offered virtually once a week through Zoom.</p>	Community outreach services continue in person and remotely as needed.	6-7 years
CHIRS- Neurobehavioural Intervention Behaviour Program (NBIP)	<p>New admissions are being accepted based on capacity to meet clients' needs.</p> <p>New referrals will continue to be accepted.</p>	Existing CHIRS clients are being supported virtually and face to face where appropriate by clinical and outreach staff with active screening of clients and staff for symptoms of COVID-19 and	Community outreach services continue in person and virtually as needed.	3 years and up

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
	Offering virtual and in-person intake screening.	implementation of infection prevention protocols recommended by Toronto Public Health.		
CHIRS- Adult Day Service	CHIRS Clubhouse remains closed. A limited number of day programs at CHIRS Head Office and in the community are currently being offered within COVID-19 guidelines. Priority is being given to existing clients.  Groups are being run virtually through Zoom and are open to new clients pending review by the CHIRS Intake Committee and brief virtual or in-person intake screening.	Some in person programming in the community and Head office, Mon-Fri morning and afternoon.  Virtual Day Program Over 25 virtual groups offered through Zoom Monday to Saturday in the morning and afternoon.  Virtual case management through audio/video conferencing, phone	Limited in person groups  Virtual programming  Virtual or in-person intake screening	2-4 weeks
CHIRS- Clinical Groups	Clinical groups being offered virtually and in-person.  Groups are open to new clients pending review by the CHIRS Intake Committee and assessment by the clinical team.	<ul style="list-style-type: none"> <li>- Positive Psychology</li> <li>- Skills for Emotional Well Being</li> <li>- Cognitive Rehabilitation Following ABI</li> <li>- 4 M's of Mental Health</li> <li>- Women's Group</li> </ul>	Virtual or in-person intake screening	3-6 months

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
		<ul style="list-style-type: none"> <li>- Men's Group</li> <li>- Living Well with Brain Injury</li> <li>- SUBI group</li> </ul>		
CHIRS- Residential	<p>New admissions currently under review.</p> <p>Virtual and in-person tours are being offered as appropriate.</p> <p>Referrals are still being accepted.</p> <p>Offering virtual/phone intake screening.</p>	Existing residential clients continue to be supported in the various CHIRS residential programs with active daily screening of staff and monitoring and screening of clients for symptoms of COVID-19 and implementation of other safety measures recommended by Toronto Public Health and directives from the Ministry of Health.	Virtual/phone intake screening	8-10 years
CHIRS- Neuropsychology Assessment Clinic	New referrals continue to be accepted		Mixed model approach utilizing both in-person and virtual applications.	8-12 months
<b><i>PACE Independent Living</i></b>				
Adult Day Services	Yes – In Person programs are currently 5 days a week Tuesday-Saturday. Spaces are limited due to COVID & physical distancing.	Program schedule can be found here <a href="http://www.pace-il.ca/programsevents">www.pace-il.ca/programsevents</a>	Virtual, phone & in person	No wait for Virtual or Phone

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
	Options for virtual/hybrid will continue to be available.			
Supportive Housing	We have resumed escorted trips into community		In Person/Phone	No (Wait time dependent on vacancy)
ABI Community Program	Yes – Virtual or in person will be offered.	Coaching sessions that work with clients to develop tailored supports and strategies to facilitate success in goal(s) <a href="http://www.pace-il.ca/acquired-brain-injury-community-program">www.pace-il.ca/acquired-brain-injury-community-program</a>	Virtual & in person	2-3 months (dependent on vacancy)
<b>West Park Healthcare Centre</b>				
ABI Adult Day Program	Yes  Patients must be pre-screened before entering for Covid-19 symptoms day of attendance for in-person sessions	Contacts through phone and email  Group on-line sessions (Mondays & Fridays as well as Dec 28, 29 and 30)  Respite Bed – some respite being provided for existing clients waitlisted who can tolerate being in isolation if fully vaccinated until the first negative swab comes back (24-36 hours) or for full length of respite stay if unvaccinated (4 nights 5day maximum)	Virtual check ins/sessions on a regular basis.  Monthly calendar of events. Have returned to some in-person sessions Tuesdays and Wednesdays except for week of Dec 25 <sup>th</sup> . Community outings Thursdays Must be pre-scheduled for in-person and pre-registered for community outings.	Weeks to months (depends on space and availability) <b>Weeks for virtual</b>  <b>Months</b> for in-person new referrals. Currently for in-person servicing those clients who were waitlisted as could not

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				participate in virtual first.
Behavioural Outreach	Yes	Outreach sessions-blended model where service model is determined based on goal/issue/patient or mediator ability to participate in teleconference/virtual visits/essentialness of in-person supports.  Groups-virtual only	Note: Outreach clinicians providing inpatient supports are using PPE as if they or a patient may be an asymptomatic carrier of Covid-19 and so will provide any in person supports in full PPE gear including N-95 mask, shield, gown and gloves when in the person's environment.	14-28 days Can exceed this time depending on the caseload of each Behaviour Therapist
Inpatient Behavioural	No, accepting referrals for Inpatient Behavioural Program	Same as always	N/A	
<b>March of Dimes Canada (MODC)</b>				
BI Supportive Housing - Newmarket Site  - Toronto Cooperage Site (open since June 2016)	Yes - daily screeners completed, social distancing in effect, virtual medical appointments as scheduled	Full service, masking and social distancing in effect	In person and virtual	Update: Feb 2/23 Newmarket - Two vacancy - (based on shared living)  Toronto site – no vacancies



Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
Case Management/ Outreach (York Region only)	Yes-daily screeners completed, social distancing in effect, direct support provided with masking, virtual and phone support provided upon request	Operational, daily screeners completed, direct support with social distancing & masking, virtual and phone support	In person, virtual and phone connection available as requested	Vacancies available
Aphasia Day Program	In-person groups have resumed; however, virtual groups will also remain in place. Daily screeners completed, social distancing in effect, masking required.  Fee: \$120/3 months Subsidy option available.	In-person and virtual weekly group communication programs for people with aphasia (or another communication disability). Run by communication professionals (e.g., Speech-Language Pathologist).	In person and Virtual Programs available	Vacancies available
Aphasia Peer Connect Program	No	Volunteer-led group that is held virtually once a week for people with aphasia (or another communication disability)	Virtual only	Vacancies available
MODC Peer Group (York Region only)	In-person groups have resumed; however, virtual groups will also remain in place	In-person and Virtual groups	In person and Virtual-Virtual and phone support is provided at this time	No current wait lists
<b>York Simcoe Brain Injury Services (YSBIS) (Mackenzie Health/MODC)</b>				
Behavioural Consultant	No - Behaviour Consultant are doing virtual and in person visits with clients	Behaviour Consultant are meeting clients regularly by videoconference, telephone call and in person. In person services are offered, screening staff and client prior	Consultation are offered in-person, phone and videoconference	12 months

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
		to services and maintain physical distance with PPE for staff are in effect		
Case Manager	No - Case Manager; Case Managers are doing virtual and in person visits with clients	In person services being done, screening for staff and clients prior to service, staff are working on goal setting where possible and adjusting services accordingly following public health guidelines, physical distancing and PPE for staff are in effect.	In person services only, virtual may be considered pending the reason for request.	8 months
Rehab Worker	No - Rehab Worker; Rehab Workers are doing in person, phone or video depending on client preference	In person services being done, screening for staff and clients prior to service staff are working on goal setting where possible and adjusting services accordingly following public health guidelines, physical distancing and PPE for staff are in effect	In person services only, virtual may be considered pending the reason for request.	8 months
Adult Day Program	Yes- All ADP sites have reopened; Vaughan, Maple and Newmarket ADP sites. Virtual programs will continue.	All Adult Day Programs are open for in person but with capacity limit. Virtual stretch and tone will continue and phone call support.	In person and Virtual Stretch and tone.	1-9 months

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
<b>c. Clinics</b>				
<b>Toronto Rehab – University Health Network</b>				
Physiatry Clinic	In-person clinic visits	In-person clinic visits with a physiatrist for medical management	In-person (follow-up visits may take place over Microsoft Teams, depending on the nature of patients' issues)	3-4 months
Neuropsychiatry Clinic	No	Initial assessments and follow up appointments	Currently phone appointments and virtual appointments and some in person	Dr. Snaiderman – 4 months Dr. O'Brien – 8 months
<b>Sunnybrook Health Sciences Centre</b>				
Mild to Moderate TBI Clinic	No	Initial assessments and follow up appointments	Virtual (OTN) or in-person, depending on patient's needs	8-12 weeks
<b>d. Brain Injury Associations</b>				
<b>Brain Injury Society of Toronto (BIST)</b>				
<b>Case Management Services</b>				
2 Community Coordinator  Violence Impact Program	Yes	Assist vulnerable at-risk ABI clients with services & support to help obtain financial, housing and community supports	Support: email, text message, phone call, virtual video and in-person appointments	Wait time: 1 month

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
Homeless Prevention Program	Yes	Ensure clients are supported with accessing stable housing, landlord advocacy, completion of housing applications and support with landlord/tenant issues	Support: email, text message, phone call virtual video and in-person appointments	Wait time: 1 month
<p><b>Please note - BIST programs are in a hybrid format of both in-person and online.</b>  <b>To learn more and register for programs: <a href="http://www.bist.ca/programs">www.bist.ca/programs</a></b></p>				
Facilitated By: Registered Social Worker, Social Work Student & BIST Staff	No	Women and Brain Injury Support Group	In-Person and Online  1st Thursday of the month: IN-PERSON  3rd Thursday of the month: ONLINE (Zoom)	Open. No wait time
Facilitated By: Men's Group Facilitator	No	Social Drop-in for Men With Brain Injury  Connect with other men who live with brain injury in a supportive environment - facilitated by a worker who specializes in brain injury supports	In-Person and Online  2nd Thursday of the month: ONLINE (Zoom)  3rd Thursday of the month: IN-PERSON	Open. No wait time

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
Facilitated By: Registered Social Worker, Social Work Student & BIST Staff	No	ABI Support Group  Mixed gendered - for women, men, people who identify as trans and/or non-binary	In-Person and Online  1st Thursday of the month: ONLINE (Zoom)  3rd Thursday of the month: IN-PERSON	Open. No wait time
Programs & Peer Support Coordinator	No	Assists members to connect them to programming that best suits their needs. Collaborates with members to develop more personalized programs, plus connects members to resources.	Service via email, text, phone call and virtual video appointments	Wait time: 1 week
<p><b>Please note - BIST programs are in a hybrid format of both in-person and online.</b>  <b>To learn more and register for programs: <a href="http://www.bist.ca/programs">www.bist.ca/programs</a></b></p>				
<p><b>Other programs and events</b></p>				
Not So Blue Mondays: Adventures In YouTube!  Facilitated By: CHIRS & BIST Staff	No	<p><b>Information &amp; Registration:</b>  <a href="https://bist.ca/not-so-blue-mondays/">https://bist.ca/not-so-blue-mondays/</a>                      BIST &amp; CHIRS  <a href="http://www.chirs.com">www.chirs.com</a> partner to                      bring you an engaging online                      program. Join the 2 brain                      injury organizations to have                      fun and play interactive                      games with the adventures                      of YouTube!  <b>Date:</b> Every Monday @                      1-2:30pm</p>	Online (Zoom)	No wait time

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
<p>Freaky Fridays</p> <p>Facilitated By: BIST Staff</p>	Yes	<p><b>Information &amp; Registration:</b>  <a href="https://bist.ca/event/freaky-fridays-in-person-march-24-23/">https://bist.ca/event/freaky-fridays-in-person-march-24-23/</a></p> <p>A member-driven program! End your week right! Enjoy group art sessions, discussions and other activities.</p>	<p>Please check recent updates of format of program here:  <a href="http://www.bist.ca/programs">www.bist.ca/programs</a></p>	<p>Please register online for "Freaky Fridays - Group Art Therapy, Special Series".  <b>Limit of 15 spots per session.</b>                      Email:  <a href="mailto:connections@bist.ca">connections@bist.ca</a> or  <a href="mailto:mperra@bist.ca">mperra@bist.ca</a>                      for questions/info                      (647) 990-1485</p>
<p>Family &amp; Friends Drop-In</p> <p>Facilitated By: BIST Staff</p>	Yes	<p><b>Information &amp; Registration:</b>  <a href="https://bist.ca/family/">https://bist.ca/family/</a></p> <p>First Wednesday of each month @ 6:30-8pm</p> <p><b>Do you identify as a friend OR family member of someone living with brain injury, who wants to connect with others in similar circumstances?</b></p>	Online (Zoom)	No wait time.

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
		<p>We welcome all adults who CARE ABOUT someone living with brain injury - including:</p> <ul style="list-style-type: none"> <li>● Spouses &amp; Partners</li> <li>● Adult Children of a Parent with a Brain Injury</li> <li>● Adult Siblings</li> <li>● Parents &amp; Grandparents of Adult Children with Brain Injury</li> </ul> <p><b>Check</b>  <a href="http://www.bist.ca/programs">www.bist.ca/programs</a> for upcoming registration links and dates.</p>		
<p>Community Outing</p> <p>Facilitated By: BIST Staff</p>	<p>Yes</p>	<p><b>Information &amp; Registration:</b>  <a href="https://bist.ca/community-outings/">https://bist.ca/community-outings/</a></p> <p>Generally, program is scheduled on 1st Friday of each month - however for month of April 2023, outing will be on a different date: Sun, April 16th.</p> <p><b>Check Here:</b>  <a href="http://www.bist.ca/programs">www.bist.ca/programs</a> for most recent upcoming outing registration links, dates and times.</p>	<p>In-Person</p>	<p>Please register on Eventbrite prior to program date</p>

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
Community Meeting: Financial Planning for Brain Injury  Facilitated By:  BIST Staff & Guest Speakers	No	<b>Information &amp; Registration:</b> <a href="https://bist.ca/event/community-meeting-online-march-23/">https://bist.ca/event/community-meeting-online-march-23/</a>  Last Wednesday of each month. <b>Next Meeting:</b> Wed, March 29 @ 6:30-8pm	(Online) Zoom	No
<b>Brain Injury Association of Peel and Halton (BIAPH)</b>				
Support Groups	Yes, now offering two in person meetings one in Burlington and one in Mississauga once per month	ABI Support Group - Weekly support group for both ABI survivors and caregivers <a href="https://biaph.com/abi-support-groups/">https://biaph.com/abi-support-groups/</a>	Virtual and In-person activities. Please refer to the schedule on the web- site. <a href="https://biaph.com/abi-support-groups/upcoming-meetings/">https://biaph.com/abi-support-groups/upcoming-meetings/</a>  Click <a href="#">HERE</a> to complete the online intake form.	No
	No Changes	Caregiver Support Group - Monthly support group for Caregivers to individuals with an ABI <a href="https://biaph.com/abi-support-groups/">https://biaph.com/abi-support-groups/</a>	Virtual Please refer to online schedule <a href="https://biaph.com/abi-support-groups/upcoming-meetings/#family-caregiver-schedule-anchor">https://biaph.com/abi-support-groups/upcoming-meetings/#family-caregiver-schedule-anchor</a>	No



Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
			Click <a href="#">HERE</a> to complete the online intake form	
Support Groups	Yes, now meeting in-person twice per month	Headspin - Weekly social support group for Young Adult Support Group (16 to 30) <a href="https://biaph.com/headspin-young-adult-support-group/">https://biaph.com/headspin-young-adult-support-group/</a>	Virtual and In-person activities. Please refer to schedule on web-site <a href="https://biaph.com/headspin-young-adult-support-group/">https://biaph.com/headspin-young-adult-support-group/</a>  Click <a href="#">HERE</a> to complete the online intake form	No
Support Program	No Changes	The Caregiver Relief Program <a href="https://biaph.com/caregiver-relief-program/">https://biaph.com/caregiver-relief-program/</a>	In home PSW service providing 4 hours of caregiver respite once per week for a 1 year period.  Click <a href="#">HERE</a> to complete the online intake form	No
	No Changes	Peer Support Program <a href="https://biaph.com/peer-support-program/">https://biaph.com/peer-support-program/</a>	One to one mentorship with another survivor or caregiver in a similar circumstance with lived experience.	Yes - wait times vary by individual case.

Organization/ Program	Any Operational Changes? (Yes/No)	What Services Are Being Offered?	In-person and/or Virtual?	Any Changes to Wait times?
			Click <a href="#">HERE</a> to complete the online intake form	