

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:

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|---|-------------------|
| <p><b>a. Outpatient ABI Rehabilitation</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Toronto Rehab-University Health Network</a></li> <li>• <a href="#">Hennick Bridgepoint Hospital – Sinai Health System</a></li> </ul>  | <p>Page 2</p>     |
| <p><b>b. Community Services and Programs</b><br/>           (e.g., case management, adult day program, housing)</p> <ul style="list-style-type: none"> <li>• <a href="#">Cota</a></li> <li>• <a href="#">Community Head Injury Resources Services (CHIRS)</a></li> <li>• <a href="#">PACE Independent Living</a></li> <li>• <a href="#">West Park Healthcare Centre</a></li> <li>• <a href="#">March of Dimes Canada (MODC)</a></li> <li>• <a href="#">York Simcoe Brain Injury Services (YSBIS) (Mackenzie Health/MODC)</a></li> <li>• <a href="#">Scarborough Centre for Healthy Communities</a></li> </ul>   | <p>Page 2-11</p>  |
| <p><b>c. Clinics</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Toronto Rehab – University Health Network - Physiatry Clinic</a></li> <li>• <a href="#">Toronto Rehab – University Health Network - Neuropsychiatry Clinic</a></li> <li>• <a href="#">Sunnybrook Health Sciences Centre</a></li> <li>• 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.<br/>Starting: January 4, 2022.</li> </ul> | <p>Page 11-12</p> |
| <p><b>d. Brain Injury Associations</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Brain Injury Society of Toronto (BIST)</a></li> <li>• <a href="#">Brain Association of Peel and Halton (BIAPH)</a></li> </ul>   | <p>Page 12-18</p> |

| Organization/<br>Program                                  | Any Operational Changes?<br>(Yes/No)   | What Services Are Being<br>Offered?   | In-person and/or<br>Virtual?                             | Any Changes to<br>Wait times?   |
|---|--|---|--|---|
| <b>a. Outpatient ABI Rehabilitation</b>                   |  |   |  |   |
| <b>Toronto Rehab – University Health Network</b>          |  |   |  |   |
| Toronto Rehab –<br>University Health<br>Network           | Offering admission to<br>individuals discharged from<br>Toronto Rehab Inpatient ABI<br>Service and to appropriate<br>external referrals. | Occupational therapy,<br>physiotherapy, social work and<br>speech language pathology<br>services are being offered both<br>in-person and virtually. | Virtual and in-person<br>appointments<br>available.      | Up to 5 months  |
| <b>Hennick Bridgepoint Hospital – Sinai Health System</b> |  |   |  |   |
| Neurological<br>outpatient<br>rehabilitation<br>program   | Yes, accepting referrals for<br>outpatient program<br><br>(Internal and external to<br>Bridgepoint)                                      | Provide PT, OT, SLP, and SW<br>services as appropriate  | Offering both virtual<br>and in-person sessions          | 5-6 months<br>(wait times<br>could be<br>extended –<br>some<br>fluctuation does<br>occur) |
| <b>b. Community Services and Programs</b>                 |  |   |  |   |
| <b>Cota</b>   |  |   |  |   |
| Adult Day Service<br>(ADS)                                | No operational changes   | Day services are offered in-<br>person, from Monday to<br>Friday  | In person.<br><br>Virtual group is<br>discontinued       | Accepting new<br>referrals.<br><br><u>No Wait time</u>                                    |
| Cota Case<br>Management<br><br>- North York               | - No operational changes to all<br>our Case Management<br>Programs.  | Linkages to other services<br>(such as ODSP, GP, etc.)  | Combination of both<br>virtual and in-person<br>support. | No changes-<br>4 months-1year<br><br>Approx.  |

| Organization/<br>Program                                | Any Operational Changes?<br>(Yes/No)  | What Services Are Being<br>Offered?   | In-person and/or<br>Virtual?  | Any Changes to<br>Wait times? |
|---|---|---|---|-------------------------------|
| - Etobicoke<br>West Toronto<br>(to Dufferin)            | - Cota Case Managers are accepting referrals.<br><br>- Staff are doing self-screening and screening clients. Staff are equipped with PPE.   | Safety and wellness check.  |   |                               |
| - Scarborough   |   |   |   | No changes-<br>2-4 months     |
| - Downtown<br>Toronto                                   |   |   |   | No changes-<br>10-12 months   |
| - Central<br>Region                                     |   |   |   | Approx. 6<br>months           |
| Cota Behaviour<br>Therapy Supports                      | No changes  | Light ABI CM, ABI BT,<br>Individual Support Worker<br>supports BT with Behavioural.<br>plan implementation/<br>activation,<br>Psychology  | In-person support   | Accepting<br>referrals        |
| Cota/West Park ABI<br>Adult Day Program                 | Groups are running  | Psycho-social interactive<br>group activities   | In-person<br>x1 day virtual option  | Accepting<br>referrals        |
| <b>Community Head Injury Resources Services (CHIRS)</b> |   |   |   |                               |
| CHIRS- Community<br>Support Services                    | In-person community supports<br>have resumed, some are<br>modified based an evaluation of<br>risk.<br><br>New admissions are being<br>accepted based on capacity to<br>meet clients' needs.<br><br>New referrals will continue to<br>be accepted. | Home and community<br>outreach services are being<br>provided in-person and virtual<br>support where appropriate to<br>community clients with self-<br>screening for symptoms of<br>COVID-19 and<br>implementation of infection<br>prevention protocols<br>recommended by Toronto | Community outreach<br>services continue in<br>person and remotely as<br>needed. | 6-7 years                     |

| Organization/<br>Program  | Any Operational Changes?<br>(Yes/No)   | What Services Are Being<br>Offered?   | In-person and/or<br>Virtual?  | Any Changes to<br>Wait times? |
|---|--|---|---|-------------------------------|
|   | Offering virtual and in-person intake screening.   | Public Health and guidelines from the Ministry of Health.<br><br>In-person groups and virtual group programming continue to be available to both existing and new clients pending review by the CHIRS Intake Committee.<br><br>CHIRS Family support group offered virtually once a week through Zoom      |   |                               |
| CHIRS-<br>Neurobehavioural<br>Intervention<br>Behaviour Program<br>(NBIP) | New admissions are being accepted based on capacity to meet clients' needs.<br><br>New referrals will continue to be accepted.<br><br>Offering virtual and in-person intake screening. | Existing CHIRS clients are being supported face to face and virtually where appropriate by clinical and outreach staff with self-screening for symptoms of COVID-19 and implementation of infection prevention protocols recommended by Toronto Public Health and guidelines from the Ministry of Health. | Community outreach services continue in person and virtually as needed.         | 3 years and up                |
| CHIRS- Adult Day<br>Service   | CHIRS Clubhouse has opened. The number of day programs at CHIRS Head Office and in the community has been expanded.  | In person programming in the community and Head Office, as well as Drop In services are offered Mon-Fri, morning and afternoon. Special events are being offered regularly.   | Expanded in person groups and Drop in service<br><br>Virtual/hybrid programming | 3-5 weeks                     |

| Organization/<br>Program | Any Operational Changes?<br>(Yes/No)   | What Services Are Being<br>Offered?   | In-person and/or<br>Virtual?                  | Any Changes to<br>Wait times? |
|--------------------------|--|---|---|-------------------------------|
|                          | <p>All participants and their supports should be aware, that despite passive screening, one could be exposed to a person who has or develops a respiratory illness, such as COVID-19 or Influenza while participating in CHIRS in-person services, especially group programming. Activities such as exercising, eating and singing indoors are all considered higher-risk activities. Participants who develop Covid-19 will be required to stay away from CHIRS in-person activities for 10 days. CHIRS will not notify participants if someone in our programs reports an illness.</p> <p>Schedule of in-person groups and Zoom virtual groups have been revised for the Fall. Fewer groups are being run virtually through Zoom.</p> <p>Virtual and in person programs (including Clubhouse) are open to new clients pending review by the CHIRS Intake Committee</p> | <p>Virtual Day Program: At least one Zoom program is being offered each day. Some of the in-person groups are offered in hybrid format.</p> | <p>In-person and virtual intake screening</p> |                               |

| Organization/<br>Program | Any Operational Changes?<br>(Yes/No)  | What Services Are Being<br>Offered?  | In-person and/or<br>Virtual?           | Any Changes to<br>Wait times? |
|--------------------------|---|--|--|-------------------------------|
|                          | and brief virtual or in-person intake screening.  |  |  |                               |
| CHIRS- Clinical Groups   | <p>Clinical groups being offered virtually and in-person.</p> <p>Groups are open to new clients pending review by the CHIRS Intake Committee and assessment by the clinical team.</p>                         | <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> <li>- Men's Group</li> <li>- Living Well with Brain Injury</li> <li>- SUBI group</li> </ul>                      | In-person and virtual intake screening | 3-6 months                    |
| CHIRS- Residential       | <p>New referrals continue to be accepted.<br/>New admissions currently under review.</p> <p>Virtual and in-person tours are being offered as appropriate.</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 updated guidelines from the Ministry of Health. | Virtual/phone intake screening         | 8-10 years                    |

| Organization/<br>Program                       | Any Operational Changes?<br>(Yes/No)   | What Services Are Being<br>Offered?   | In-person and/or<br>Virtual?  | Any Changes to<br>Wait times?       |
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| CHIRS-<br>Neuropsychology<br>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.<br><br>Options for virtual/hybrid will continue to be available. | Program schedule can be found here<br><a href="http://www.pace-il.ca/programsevents">www.pace-il.ca/programsevents</a>  | Virtual, phone & in person  | No wait for Virtual or Phone        |
| 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)<br><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)   |

| Organization/<br>Program           | Any Operational Changes?<br>(Yes/No)  | What Services Are Being<br>Offered?   | In-person and/or<br>Virtual?   | Any Changes to<br>Wait times?   |
|------------------------------------|---|---|--|---|
| <b>West Park Healthcare Centre</b> |   |   |  |   |
| ABI Adult Day<br>Program           | Yes<br><br>Patients must be pre-screened before entering for Covid-19 symptoms day of attendance for in-person sessions | Contacts through phone and email<br><br>Group online sessions on Fridays<br><br>Respite Bed – returned to providing regular respite (limited to a total of 30 nights a year). Must be an attending member of Day Program.         | Virtual check ins/sessions on a regular basis.<br><br>Monthly calendar of events.<br>Have returned to in-person sessions<br>Monday, Tuesdays and Wednesdays<br>Community outings<br>Thursdays<br>Must be pre-scheduled for in-person and pre-registered for community outings. | Weeks to months (depends on space and availability)<br><b>Weeks for virtual</b><br><br><b>Months</b> for in-person new referrals. Continue to be limited as to space. |
| 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.<br><br>Groups-virtual only | Note: Outreach clinicians providing inpatient supports are using PPE as required to protect patients and staff depending on the task at hand and the environment including mask and shield.  | 14-28 days<br>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  |   |



| Organization/<br>Program   | Any Operational Changes?<br>(Yes/No)   | What Services Are Being<br>Offered?  | In-person and/or<br>Virtual?   | Any Changes to<br>Wait times?  |
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| <b>March of Dimes Canada (MODC)</b>  |  |  |  |  |
| BI Supportive<br>Housing<br>- Newmarket Site<br><br>- Toronto<br>Cooperage Site<br>(open since June<br>2016) | Yes - daily screeners<br>completed, social distancing in<br>effect, virtual medical<br>appointments as scheduled   | Full service, masking and<br>social distancing in effect   | In person and virtual  | Update:<br>June 28/23<br>Newmarket -<br>Two vacancy -<br>(based on<br>shared living)<br><br>Toronto site –<br>no vacancies |
| Case Management/<br>Outreach (York<br>Region only)   | Yes-daily screeners completed,<br>social distancing in effect, direct<br>support provided with masking,<br>virtual and phone support<br>provided upon request  | Operational, daily screeners<br>completed, direct support with<br>social distancing & masking,<br>virtual and phone support  | In person, virtual and<br>phone connection<br>available as requested | Vacancies<br>available   |
| Aphasia Day Program  | In-person groups have<br>resumed; however, virtual<br>groups will also remain in place.<br>Daily screeners completed,<br>social distancing in effect,<br>masking required.<br><br>Fee: \$120/3 months<br>Subsidy option available. | In-person and virtual weekly<br>group communication<br>programs for people with<br>aphasia (or another<br>communication disability).<br>Run by communication<br>professionals (e.g., Speech-<br>Language Pathologist). | In person and Virtual<br>Programs available                          | Vacancies<br>available   |
| Aphasia Peer Connect<br>Program  | No   | Volunteer-led group that is<br>held virtually once a week for<br>people with aphasia (or<br>another communication<br>disability)   | Virtual only   | Vacancies<br>available   |

| Organization/<br>Program   | Any Operational Changes?<br>(Yes/No)  | What Services Are Being<br>Offered?   | In-person and/or<br>Virtual?   | Any Changes to<br>Wait times? |
|--|---|---|--|-------------------------------|
| MODC Peer Group<br>(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 to services and maintain physical distance with PPE for staff are in effect             | Consultation are offered in-person, phone and videoconference                      | 12 months                     |
| 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   | In person services only, virtual may be considered pending the reason for request. | 8 months                      |

| Organization/<br>Program                          | Any Operational Changes?<br>(Yes/No)   | What Services Are Being<br>Offered?  | In-person and/or<br>Virtual?  | Any Changes to<br>Wait times?                       |
|---|--|--|---|---|
|   |  | accordingly following public health guidelines, physical distancing and PPE for staff are in effect                            |   |   |
| Adult Day Program                                 | No - All ADP sites have reopened; Vaughan, Maple and Newmarket ADP sites. Virtual programs will continue.  | All Adult Day Programs are open for in person at full capacity. Virtual stretch and tone will continue and phone call support. | In person and Virtual Stretch and tone.   | 1-9 months  |
| <b>Scarborough Centre for Healthy Communities</b> |  |  |   |   |
| Scarborough ABI Outreach Program                  | No operational changes<br>We are accepting referrals.<br>Social distancing in place<br>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-<br>2-4 weeks                            |
| <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 – 3 months<br>Dr. O'Brien – 4 months |

| Organization/<br>Program                                     | Any Operational Changes?<br>(Yes/No) | What Services Are Being<br>Offered?  | In-person and/or<br>Virtual?  | Any Changes to<br>Wait times?   |
|--|--------------------------------------|--|---|---|
| <b>Sunnybrook Health Sciences Centre</b>                     |                                      |  |   |   |
| Mild to Moderate TBI<br>Clinic                               | No                                   | Initial assessments and follow<br>up appointments  | In-person or virtual,<br>depending on patient's<br>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<br>Coordinator<br><br>Violence Impact<br>Program | Yes                                  | Assist vulnerable at-risk ABI<br>clients with services & support<br>to help obtain financial,<br>housing and community<br>supports                                       | Support: email, phone<br>call, virtual video and in-<br>person appointments                 | Currently not<br>taking any new<br>referrals, but can<br>access other<br>immediate<br>supports here:<br><a href="http://www.bist.ca/programs">www.bist.ca/pro<br/>grams</a> |
| Homeless Prevention<br>Program                               | Yes                                  | Ensure clients are supported<br>with accessing stable housing,<br>landlord advocacy,<br>completion of housing<br>applications and support with<br>landlord/tenant issues | Support: email, text<br>message, phone call<br>virtual video and in-<br>person appointments | Currently not<br>taking any new<br>referrals, but can<br>access other<br>immediate<br>supports here:<br><a href="http://www.bist.ca/programs">www.bist.ca/pro<br/>grams</a> |

| Organization/<br>Program  | Any Operational Changes?<br>(Yes/No) | What Services Are Being<br>Offered?  | In-person and/or<br>Virtual?  | Any Changes to<br>Wait times? |
|---|--------------------------------------|--|---|-------------------------------|
| <b>Please note - BIST programs are in a hybrid format of both in-person and online.</b><br><b>To learn more and register for programs: <a href="http://www.bist.ca/programs">www.bist.ca/programs</a></b> |                                      |  |   |                               |
| Facilitated By:<br>Registered Social<br>Worker & BIST Staff   | No                                   | Women and Brain Injury<br>Support Group  | In-Person and Online<br><br>1st Thursday of the<br>month: IN-PERSON<br><br>3rd Thursday of the<br>month: ONLINE<br>(Zoom) | Open. No wait<br>time         |
| Facilitated By:<br>Men's Group<br>Facilitator   | No                                   | Social Drop-in for Men With<br>Brain Injury<br><br>Connect with other men who<br>live with brain injury in a<br>supportive environment -<br>facilitated by a person who<br>specializes in brain injury<br>supports | In-Person and Online<br><br>2nd Thursday of the<br>month: ONLINE<br>(Zoom)<br><br>3rd Thursday of the<br>month: IN-PERSON | Open. No wait<br>time         |
| Facilitated By:<br>Registered Social<br>Worker & BIST Staff   | No                                   | ABI Support Group<br><br>Mixed gendered - for women,<br>men, people who identify as<br>trans and/or non-binary   | In-Person and Online<br><br>1st Tuesday of the<br>month: ONLINE<br>(Zoom)<br><br>3rd Tuesday of the<br>month: IN-PERSON   | Open. No wait<br>time         |

| Organization/<br>Program   | Any Operational Changes?<br>(Yes/No) | What Services Are Being<br>Offered?  | In-person and/or<br>Virtual?                                       | Any Changes to<br>Wait times? |
|--|--------------------------------------|--|--|-------------------------------|
| Programs Coordinator   | Yes                                  | Plans and coordinates various program and event activities   | Service via email, text, phone call and virtual video appointments | Wait time: 1 week             |
| Peer Support Program   | Yes                                  | <p><b>Information:</b><br/> <a href="https://bist.ca/peer-support/">https://bist.ca/peer-support/</a></p> <p>Connects Members (Partners) to Mentors who have lived experience. Mentors provide knowledge, support and resources to Partners who are going through similar ABI-related situations.</p>  | Phone call or email  | 1 week                        |
| <p><b>Please note - BIST programs are in a hybrid format of both in-person and online.</b><br/> <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>  |                                      |  |  |                               |
| <p>Not So Blue Mondays:<br/>Adventures In<br/>YouTube!</p> <p>Facilitated By:<br/>CHIRS &amp; BIST Staff</p>   | Yes                                  | <p><b>Information &amp; Registration:</b><br/> <a href="https://bist.ca/not-so-blue-mondays/">https://bist.ca/not-so-blue-mondays/</a></p> <p>BIST &amp; CHIRS<br/> <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!</p> | Online (Zoom)  | No wait time                  |

| Organization/<br>Program                                      | Any Operational Changes?<br>(Yes/No) | What Services Are Being<br>Offered?   | In-person and/or<br>Virtual? | Any Changes to<br>Wait times? |
|---|--------------------------------------|---|------------------------------|-------------------------------|
|   |                                      | <b>Date:</b> Every Monday @<br>1-2:30pm   |                              |                               |
| Freaky Fridays<br><br>Facilitated By:<br>BIST Staff           | Yes                                  | <p><b>Information &amp; Registration:</b><br/> <a href="https://bist.ca/freaky-fridays/">https://bist.ca/freaky-fridays/</a></p> <p><b>Date:</b> Every week on Friday of each month @ 3-4:30pm. Some Special Series Freaky Fridays will end @ 5:00pm.</p> <p><b>(BIST Community Outings take place on 1st Friday of each month @ around 3:00-5:00pm )</b> Check <a href="http://www.bist.ca/programs">www.bist.ca/programs</a> for exact times.</p> <p>Freaky Friday's is primarily a member-driven program. End your week right! Enjoy group art sessions, discussions and other activities.</p> | In-Person                    | No wait time                  |
| Family & Friends Drop-In<br><br>Facilitated By:<br>BIST Staff | No                                   | <p><b>Information &amp; Registration:</b><br/> <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</b></p>   | Online (Zoom)                | No wait time.                 |

| Organization/<br>Program                                      | Any Operational Changes?<br>(Yes/No) | What Services Are Being<br>Offered?   | In-person and/or<br>Virtual? | Any Changes to<br>Wait times?                              |
|---|--------------------------------------|---|------------------------------|--|
|   |                                      | <p><b>family member of someone living with brain injury, who wants to connect with others in similar circumstances?</b></p> <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>Check <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:<br/>BIST Staff</p> | <p>Yes</p>                           | <p><b>Information &amp; Registration:</b><br/> <a href="https://bist.ca/community-outings/">https://bist.ca/community-outings/</a></p> <p><b>Date:</b> First Friday of each month @ 3-5pm</p> <p><b>Check Here:</b><br/> <a href="http://www.bist.ca/programs">www.bist.ca/programs</a> for upcoming outing registration links and times.</p>   | <p>In-Person</p>             | <p>Please register on Eventbrite prior to program date</p> |



| Organization/<br>Program                                   | Any Operational Changes?<br>(Yes/No)  | What Services Are Being<br>Offered?   | In-person and/or<br>Virtual?   | Any Changes to<br>Wait times? |
|--|---|---|--|-------------------------------|
| <b>Brain Injury Association of Peel and Halton (BIAPH)</b> |   |   |  |                               |
| Support Groups   | Meetings resumed for the season in September and will continue until June 2024. | ABI Support Group:<br>Support group open to both ABI survivors and caregivers<br><a href="https://biaph.com/abi-support-groups/">https://biaph.com/abi-support-groups/</a><br>Once per month - In person in Burlington<br>Once per month - In Person in Mississauga<br>Once per month – Online via Zoom | Virtual and In-person activities.<br>Please refer to the schedule on the website. <a href="https://biaph.com/abi-support-groups/upcoming-meetings/">https://biaph.com/abi-support-groups/upcoming-meetings/</a><br><br>Click <a href="#">HERE</a> to complete the online intake form.                              | No                            |
|  | Meetings resumed for the season in September and will continue until June 2024. | Caregiver Support Group - Monthly support group for Caregivers to individuals with an ABI<br><a href="https://biaph.com/abi-support-groups/">https://biaph.com/abi-support-groups/</a>  | Virtual<br>Please refer to online schedule<br><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><br><br>Click <a href="#">HERE</a> to complete the online intake form | No                            |

| Organization/<br>Program | Any Operational Changes?<br>(Yes/No)  | What Services Are Being<br>Offered?  | In-person and/or<br>Virtual?   | Any Changes to<br>Wait times?             |
|--------------------------|---|--|--|---|
| Support Groups           | Meetings resumed for the season in September and will continue until August 2024. | Headspin - Weekly social support group for Young Adult Support Group (16 to 30's)<br><a href="https://biaph.com/headspin-young-adult-support-group/">https://biaph.com/headspin-young-adult-support-group/</a> | Virtual and In-person activities.<br>Please refer to schedule on website<br><a href="https://biaph.com/headspin-young-adult-support-group/">https://biaph.com/headspin-young-adult-support-group/</a><br><br>Click <a href="#">HERE</a> to complete the online intake form | No  |
| Support Program          | Accepting applications for the waitlist.  | The Caregiver Relief Program<br><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.<br><br>Click <a href="#">HERE</a> to complete the online intake form   | Waitlisted approx. 4 to 6 months          |
| Support Program          | No Changes  | Peer Support Program<br><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.<br><br>Click <a href="#">HERE</a> to complete the online intake form   | Yes - wait times vary by individual case. |