Acquired Brain Injury (ABI) Day Treatment Program

What is the Acquired Brain Injury (ABI) Day Treatment Program?
The ABI Day Treatment Program is a supportive, creative group where you can:
› learn about acquired brain injuries
› take part in meaningful activities
› explore your strengths
› develop a wide range of skills, such as ways to manage ongoing challenges

Who is the ABI Day Treatment Program for?
The ABI Day Treatment Program is for people with ABI who:
› need more education about ABI and related symptoms
› may find it helpful to talk about ABI with others in the same situation
› have cognitive challenges related to their ABI (e.g., memory, attention, organizational skills, problem solving, starting tasks)
› have fatigue (tiredness) related to their ABI
› have emotional and behavioural challenges related to their ABI (e.g., anger, irritability, mood swings, stress, anxiety)
› have social and life skills challenges related to their ABI (e.g., social isolation, less interest in and/or opportunity for leisure, not enough daily structure)

How do I sign up for the ABI Day Treatment Program?
To qualify for the ABI Day Treatment Program, you must:
› be referred by a health care professional
› be 16 years of age or older
› have a documented acquired brain injury by a doctor involved in your care
› if diagnosis is a single concussion, be referred within 2 years of the date of injury
› be able to take part in a group setting
› live in Nova Scotia and have access to reliable transportation
› manage your own personal care and medications during the program or bring a support person or caregiver to help you
› be medically stable and able to attend regular sessions
The ABI Day Treatment Program has 2 parts:

› ABI Core Program
› ABI Series

Acquired Brain Injury Core Program

• The ABI Core Program is an introductory educational group to help you learn more about your ABI.
• The Core Program runs for 12 sessions, 2 times each week for 6 weeks. Each session is 2 hours and 15 minutes.
• Everyone who takes part in the ABI Day Treatment Program must start with the Core Program.

Acquired Brain Injury Series

• After completing the Core Program, you may take part in the ABI Series. The Series has programs on different topics to help you learn ways to manage things that you are having trouble with. Staff will work with you to determine which series programs are right for you.
• ABI Series programs run for 12 sessions each, 2 times each week for 6 weeks. Each session is 90-120 minutes (1 ½-2 hours).

• Current ABI Series topics include:
  › fatigue
  › memory
  › emotional regulation (learning to manage reactions)
  › relaxation
  › leisure
  › volunteering

• The ABI Day Treatment Program also offers a Family Support Group for people who have a loved one with an ABI.

Contact us:

ABI Day Treatment Program:
  › 902-473-1229
  › Nova Scotia Rehabilitation and Arthritis Centre, 6th floor, Room 635