

# Acquired Brain Injury (ABI) Day Treatment Program

# 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 group where you can:

- › learn about ABI.
- › learn ways to manage ongoing challenges related to your ABI.
- › meet people with similar experiences.
- › explore your strengths.

## Who is the ABI Day Treatment Program for?

The ABI Day Treatment Program is for people with ABI who:

- Would like more information about ABI and its symptoms.
- May find it helpful to talk with other people with ABI.
- Have problems with thinking related to their ABI like:
  - › Memory
  - › Attention

- › Organizational skills
- › Problem solving
- › Starting tasks
- Have fatigue (tiredness) related to their ABI.
- Have emotional and behavioural challenges related to their ABI like:
  - › Anger
  - › Irritability
  - › Mood swings
  - › Stress
  - › Anxiety
- Have social or life skills challenges related to their ABI like:
  - › Social isolation
  - › Loneliness
  - › Fewer chances to do activities they enjoy or enjoying those activities less
  - › Not enough structure or routine in their day
- Would like help increasing their physical activity.

# Who is eligible for the ABI Day Treatment Program?

To take part in the ABI Day Treatment Program, you must:

- › ask to be **referred by a health care professional** (occupational therapist, physiotherapist, primary health care provider [family doctor, nurse practitioner]).
- › be 16 years of age or older.
- › have ABI documented by a doctor involved in your care.
- › if diagnosis is a single concussion, be referred within 2 years of your injury date.
- › be able to go to regular sessions.
- › manage your own personal care and medication(s) during the program, or bring a support person or caregiver to help you.
- › be able to take part in a group setting.
- › live in Nova Scotia and have access to reliable transportation or a device with internet connection.

## The ABI Day Treatment Program has 2 parts:

### 1. ABI Core Program

### 2. ABI Series

Both parts are offered in-person or online.

### 1. ABI Core Program

- The ABI Core Program is an education group to help you learn more about your ABI.
- The Core Program runs for **12 to 16 sessions, 2 times a week for 6 to 8 weeks.**
- Each session is **1½ to 2¼ hours.**
- Everyone who takes part in the ABI Day Treatment Program **must start with the Core Program.**

### 2. ABI Series

- **After completing the Core Program,** you may take part in the **ABI Series.** The series includes programs on different topics to help you learn ways to manage problems you may be having. Staff will work with you to choose the programs that are right for you.

- ABI Series topics include:
  - › Learning to manage your emotions
  - › Fatigue
  - › Leisure
  - › Memory
  - › Physical activity
  - › Relaxation
- ABI Series programs run for **8 to 16 sessions each, 1 to 2 times a week for 6 weeks.**
- Each session is **1½ to 2 hours.**

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

## Contact

### **ABI Day Treatment Program**

NeuroCommons

Unit 0290, Bedford Place Mall

1658 Bedford Highway

Bedford, NS B4A 2X9

› Phone: 902-473-1229

› Fax: 902-425-6574

# Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](https://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

*Prepared by: Acquired Brain Injury (ABI) Ambulatory Care Teams  
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