

*Regional Community Brain Injury Services (RCBIS) is a rehabilitation program of Providence Care. We support adults living in the community who have survived moderate to severe acquired brain injuries.*

## Participate to learn

RCBIS led a research project on the best practices for enhancing participation in meaningful and productive activities (published in *Brain Injury* October 2006). The result is in the RCBIS approach of "Participate to Learn." The model rests on roles as goals, learning by experience in real-life contexts and the use of personal and environmental support to enable participation.

## Brain injury facts

Injuries to the brain alter physical, mental and/or emotional abilities and responses. Brain injuries are usually caused by trauma (e.g. motor vehicle crashes, falls) or medical conditions (e.g. brain hemorrhages, tumours and infections). While most people with a brain injury need only temporary assistance, some need lifelong support.

## Referrals

Referrals are accepted from service providers, individuals, and family members.

The services provided by RCBIS are intended for adults (ages 18 to 64) with a documented history of moderate to severe acquired brain injury who:

- ♦ live in the community or have the potential to do so;
- ♦ are medically and neurologically stable;
- ♦ want to increase their independence in daily living and participation in the community;
- ♦ are prepared to also receive treatment for any co-existing psychiatric or substance abuse problems.

For people with traumatic brain injuries, there is no age limit.



## How to reach us

For further information or to make a referral, please call us at 1-800-871-8096 (within the 613 area code only) or contact our offices in the following locations:

### ♥ In Kingston:

Regional Community Brain Injury Services  
303 Bagot Street, Suite 401, LaSalle Mews  
Kingston, ON K7K 5W7  
Phone: 613-547-6969; Fax: 547-6472

### ♥ In Belleville:

Regional Community Brain Injury Services  
Quinte Mall Office Tower  
100 Bell Blvd., Suite 335  
Belleville, ON K8P 4Y7  
Phone: 613-968-8888; Fax: 968-9220

### ♥ In Brockville:

Regional Community Brain Injury Services  
The Brockville Centre  
125 Stewart Boulevard, Suite 227  
Brockville, ON K6V 4W4  
Phone: 613-342-1613; Fax: 342-1055

Providence  
Care

# Regional Community Brain Injury Services



*Since 1987 ...  
Enabling people in Southeastern Ontario  
who have acquired brain injuries  
to live full and satisfying lives  
in their own communities.*

Providence  
Care

## The communities we serve

We provide services to people living in the counties of Hastings, Prince Edward, Lennox and Addington, Frontenac, Lanark, Leeds and Grenville. The population of the region is approximately 500,000.

## The services we offer

RCBIS provides a range of services that include psychology, life skills and independence training, supported living, family support, and education for service providers.

Services are provided one-to-one or in a group setting and are in clients' homes, their communities or at our offices in Kingston, Belleville and Brockville.

Our services are designed to enable people to fill important life roles. We provide:

- ◆ support
- ◆ skill training
- ◆ advocacy
- ◆ counselling
- ◆ social and recreational activities
- ◆ opportunities for meaningful and productive activity
- ◆ education and information about brain injury.

## Groups

Groups are held in our offices and in the community. Groups provide a focused interaction which provide opportunity for people to develop social skills and make meaningful connections with others.

## Mentoring model

This model emphasizes the recruitment of informal personal support to enable people with ABI to fill valued roles in the context of daily life. This may be used in either an individual or group context. Mentors may be individuals with ABI who further their rehabilitation by being a coach to others.



*We work with clients, their families and friends, and service providers to establish goals and develop an individual service plan. Together we find ways to help each person be part of their community.*

## Participate to Learn

1. The goal of community rehabilitation is participation in life roles that are meaningful to the person. Knowing the roles that are important to people helps to choose the activities in which they are motivated to participate. When people fill the important roles of ordinary life, their interactions are both richer and more normal.
2. Support is the primary enabler of participation. Both personal support and environmental support may be required for participation in important life roles.
3. Participate to Learn is the preferred approach for rehabilitation in the community. Rehabilitation should not be something that you do *to* people, but something that people *do*. Through participation in valued activities, people learn new skills, increase self-awareness and build self-esteem.



## Our commitment to quality

- ◆ We participate in research to deepen our understanding of brain injury and to enhance our services.
- ◆ We evaluate our services to help us continue to improve.
- ◆ We are fully accredited and meet the standards set by Accreditation Canada for acquired brain injury programs.
- ◆ Staff have post-secondary education and regularly participate in ABI education.

## Funding and fees

- ◆ The services provided by RCBIS are subsidized by the Ministry of Health and Long-Term Care.
- ◆ Fees are charged for participants who have access to private rehabilitation funding.
- ◆ RCBIS provides rehabilitation and specialized support services. Clients are responsible for basic living costs including accommodation, food and transportation.