# Acquired Brain Injury Education and Prevention Services

#### Who are we?

The Acquired Brain Injury Partnership Project is part of a comprehensive strategy managed by Saskatchewan Health and funded by Saskatchewan Government Insurance (SGI). Our health educators are an important component of the three regional multidisciplinary outreach teams.

# **Program Objective**

The primary function is to: provide education and injury prevention information through the community development process.





# We Also Can Support You in Other Areas of Interest Such As:

- Helmet use (biking, snowboarding)
- Traffic and safe driving
- Off road vehicle safety (snowmobile and ATV safety)
- Child passenger safety
- Falls prevention
- Sports and recreation safety

#### Other topics addressed upon request.

# Mild Brain Injury

We provide education and resources for individuals who have sustained a mild brain injury/concussion. Information for family, coaches, educators and community members is available. The resources identify common symptoms of mild brain injury, discuss the effects of the injury on the client and provides tips for healing.

## **Brain Waves**

A free, fun and interactive half-day neuroscience presentation for students in grade 4-6. Students learn about different parts of the brain, basic neuroscience vocabulary, and how and why it's important to protect their brain and spinal cord. This helps add to student's awareness of the brain and the spinal cord, and provides them with simple strategies to prevent injury.

#### Sask Smart

Teenagers across Saskatchewan are challenged with activities focusing on injury prevention messaging such as: Buckle Up, Look First, Wear the Gear, Get Trained, and Drive Sober. Challenges include social media so check out:

Facebook: SaskSmart Twitter @SaskSmart

#### **Brain Walk**

We work with your school or community to provide brain education that is easy to understand. This program provides grades K-6 students with an opportunity to learn the different functions of the brain, and how to keep their brains safe and healthy. Students rotate through 10 interactive volunteer run stations filled with displays, demonstrations, and activities.

# Prevent Alcohol and Risk Related Trauma in Youth (P.A.R.T. Y.) Program

A dynamic interactive injury prevention and health promotional program for teens. Students experience full day opportunity to simulate the path of an injury survivor from the injury incidence through medical rehabilitation to community reintegration. Students attend interactive sessions from emergency, enforcement, health and community professionals involved in trauma situations.

# FOR MORE INFORMATION, PLEASE CONTACT:

Acquired Brain Injury (ABI) Health Educations in Your Health Region

# **North ABI Education and Prevention Coordinator**

c/o Sask North Outreach Team 1521- 6th Ave West Prince Albert, SK S6V 5K1 Phone Number (306)765-6470

#### **Central ABI Education and Prevention Coordinator**

c/o Sask Central Outreach Team 701 Queen Street Saskatoon, SK S7K 0M7 Phone Number (306) 655-8433

## **South ABI Education and Prevention Coordinator**

c/o Sask South Outreach Team 2180-23rd Ave Regina, SK S4S 0A5 Phone Number (306)766-5760

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