

ABI: About Brain Injury

-- prepared by Sask. North Acquired Brain Injury (ABI) Services

Recreation and Leisure After Brain Injury

ABI Services
...serving
individuals with
acquired brain
injury, their
families and
their
communities

Leisure activities are a very important part of recovery for anyone with a brain injury. They are great ways of letting go of stress, learning skills, enjoying life more and feeling satisfied. Leisure activities can range from light fun to more serious activities that add meaning and quality to life.



Brain injury may result in lifestyle changes. Some issues that may be seen:

-Increase of free time, especially if the individual cannot go back to work or participate in the activities they did before injury.

- Loss of interest, motivation, or the ability to think of activities to do.
- Decrease of social skills or not be able to participate due to physical or communication issues.
- Issues with attention, concentration, planning and problem-solving may arise.
- Lack of recreational resources within the community the individual lives in.

Increasing Leisure Activities

- Encourage the individual to take part in recreational activities.
- Allow them to try new things. Give two or three choices-too many can be confusing and frustrating.
- Assist planning activities for the weekends. Break things into steps so it is easy to understand.
- Be patient and understanding.
- Make sure the individual has things to do such as puzzles, books, pictures, and radio/music at home.
- Be a role model – do the activities with them.

Reference: Calgary Brain Injury Program, Alberta Health Services

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Benefits of Recreation and Leisure

Biological (Physical)

- Stress Management
- Weight loss or gain
- Improve appetite
- Improves co-ordination/flexibility
- Improves muscle endurance/tone
- Increase motivational and energy levels
- Improves sleep patterns
- Tension release
- Improves tolerance to stress

Psychological (Emotional, Mental)

- Involvement
- Sense of accomplishment
- Promotion of new interests
- Diversion from daily routine
- Promotes creativity
- Self-care
- Increase self-esteem
- Decrease boredom

Social (Relationships)

- Increase social contacts
- Friendships
- Decrease isolation
- Develop appropriate social skills
- Problem solving opportunities
- Improves communication skills
- Sense of belonging
- Have fun sober and clean
- To have enjoyment
- Encourage contact with community resources

Spiritual

- Comfortable with self
- Personal enrichment
- Comfortable with others
- Comfortable with the world around us
- Serenity
- Peace of mind

Reference: Calder Centre, Therapeutic Recreation

Low and No Cost Leisure Activities

At Home

- Board games
- Cards
- Gardening
- Puzzles
- Crafts
- Reading
- Listening to music
- Singing
- Television
- Meditating

In City

- Biking
- Art galleries
- Bowling
- Meeting people
- Dancing
- Museums
- Library
- People watching
- Picnics
- Playground
- Swimming
- Theatre
- Volunteering
- Walking
- Window Shopping
- Movies

Out of City

- Bird watching
- Boating
- Camping
- Climbing
- Cloud Watching
- Driving
- Skiing
- Fishing
- Hiking
- Nature walk
- Photography
- Sightseeing

Reference: Leisure Lifestyles



ABI Services Library

We also have a large collection of reference books, activity guides, and easy to read books available for survivors, family members & professionals to borrow.

We have an online searchable list of all the resources in our collection.

Check out: www.librarything.com/catalog/ABIServices

To borrow resources from this collection, contact: **Lisa Chambers** phone 306-765-6629
email: lchambers@paphr.sk.ca

Additional resources are also available on the provincial website at <http://www.abipartnership.sk.ca/index.cfm>

Sask North Acquired Brain Injury (ABI) Services

Who We Are

Sask North Acquired Brain Injury (ABI) Services is a group of programs that assist individuals, families and communities affected by an acquired brain injury

We are a part of the Acquired Brain Injury Partnership Project that is managed by Sask Health and funded by Saskatchewan Government Insurance (SGI).

Our programs include:

- Sask North ABI Outreach Team
- Sask North Independent Living Program
- Sask North Education and Prevention Program

Who We Can Help

To qualify for services clients must meet the following eligibility criteria:

- Have a diagnosis of moderate to severe acquired brain injury supported by medical records and be medically stable.
- Be a resident of Saskatchewan or eligible for Saskatchewan Health coverage.
- Are open to working cooperatively on goal-directed rehabilitation with ABI and other service providers.
- Community agencies, caregivers, employers, families and schools who require resources and support are eligible as well.

**Individuals are prioritized for services based on time since injury with priority given to those whose injury occurred in the past (3) years.

**Individuals who have a congenital brain injury or one that is a result of a progressive condition will not be considered.

What We Do

Sask North ABI Outreach Team

- Case management: helping develop client-driven goals, coordinating health services, providing referrals and planning a return to work or school.
- Consultation: Providing information to others regarding specific client care.
- Brain injury education
- Adult & children's camps

Sask North Independent Living Program

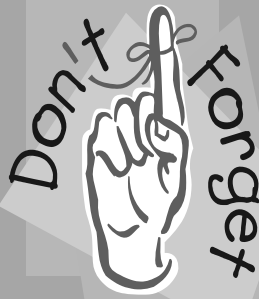
- Activities of daily living: helping individuals become more independent through short-term interventions.
- Assistance to find housing.
- Therapeutic recreation and Leisure services.
- Vocational: exploring work or volunteer opportunities.

Sask North Education and Prevention Program

- Prevention Activities: Prevent Alcohol & Risk-related Trauma in Youth (PARTY) Program, No Regrets Program, Brain Walk, safety resource kits, ATV, snowmobile & traffic safety, bike safety, child car seat clinics and fall prevention.
- Mild brain injury education.



Our mission is to provide individual and family support to people with ABI so that they may live successfully in their communities with improved quality of life.



**Sask. North
Acquired Brain
Injury (ABI)
Services**

1521 – 6th Ave West
Prince Albert, SK
S6V 5K1

PHONE:
306-765-6630

TOLL FREE:
1-866-899-9951

FAX:
306-765-6657

Coffee Talk

Join us for a morning of good conversation, sharing, learning, and lots of laughs.

- **Mondays** (except for stat holidays)
- **10:30 – noon**
- **South Hill Mall – Community Room**
behind Easy Home – East Mall Entrance)



***Drop in for all or portion of this weekly group.
Free program. Refreshments provided.***

If lack of transportation is preventing you from attending, please contact Nicole at 765-6480 for assistance.

Introduction to ABI

Online Series

Available online at www.abipartnership.sk.ca

Designed to provide basic level knowledge about the effects of brain injury and strategies to help recovery.

Many other resources also available on this website.

ABI Drop-In Program

Join us for an afternoon of cards, games and fun

- Wednesdays
- 1:30 to 3:30pm
- Minto Bowl & Rec Centre (lounge area)
210 – 13th Street East, Prince Albert

***Coffee will be supplied.
The program is free.***

If lack of transportation is preventing you from attending, please contact Nicole at 765-6480 for assistance.

Local Brain Injury Support Groups

Tisdale – Contact: Shelley (306) 873-5420 or Andrea (306) 873-5617

Prince Albert – Contact: Glenda James 1-888-373-1555

