



Community Events

ABI Coffee Talk—Prince Albert

Join us for a morning of good conversation and learning.

- ⇒ Mondays (except stat holidays)
- ⇒ 10:30—11:45 AM
- ⇒ Gateway Mall

ABI Drop-In Program—Prince Albert

Join us for an afternoon of cards, games and fun.

- ⇒ Wednesdays (except stat holidays)
- ⇒ Minto Bowl
- ⇒ 1:30—3:30 PM

For more information or to sign up for these programs call Nicole @ 306-765-6480

Positive Ways to Manage Behaviour

There are a range of common behavioural changes following brain injury including irritability, low frustration tolerance, anger, disinhibited social behaviour, impulsivity, rigidity or inflexibility, and adynamia. There are no strategies that are guaranteed to eliminate or stop behaviour problems altogether because behaviour may be changed as a result of damage to the brain. The following are strategies you may find useful to help manage behaviour:

Understand the Causes of Behaviour

- ⇒ Get information about brain injury.
- ⇒ Identify any specific behaviour concerns or changes.
- ⇒ Understand specific causes or triggers for behaviour:
 - Longstanding personality style (always had a temper)
 - Habits, preferences or difficulty adjusting
 - Social or communication skills that may be reduced
 - Difficulty coping (easily frustrated, low mood, etc.)
 - Reduced insight or inability to self-manage behaviour
 - Social factors or stresses (inability to drive, work, etc.)
 - Medical factors (medication, pain, seizures, etc.)
 - Relationship issues (losses, conflict, etc.)
 - Environmental factors (too much noise or activity, etc.)

Positive Choices

- ⇒ People will behave better if they have meaningful daily activities, experiences and choices.
- ⇒ Focus on the person's abilities and strengths.
- ⇒ Focus on increasing the person's self-worth and confidence.
- ⇒ Activities that are fun and interesting will be more motivating.

Have Realistic Expectations

- ⇒ Have a good understanding of the person's strengths and areas of weakness.
- ⇒ Make sure you compensate for any cognitive problems they may have.
 - Attention, concentration, memory, learning, problem-solving, communication, social skills, etc.
- ⇒ Understand what can and can't be changed.
- ⇒ Set tasks and goals that are within the person's ability. Not too easy, not too hard.
- ⇒ Don't expect more than is possible. Unrealistic demands create stress and worsen behaviour.
- ⇒ Be realistic with yourself. You can't do everything or know everything. Ask for help when you need it.


Have a Routine and Provide Structure

- ⇒ Have a consistent predictable routine for daily activities and tasks.
- ⇒ Let the person know of any changes that are coming up. Plan ahead!
- ⇒ Having structure is important because it reduces the demands on cognitive and memory function. The more structure, the more organized a person's life will be.

Set Clear Limits

- ⇒ Talk about the way things might work and set limits early.
- ⇒ Set the rules or limits clearly. Talk about them and write them down. Stick to the rules you set!
- ⇒ Review and repeat the rules when you need to.

Improve Communication

- ⇒ Listen to the person.
 - ⇒ Let the person know what you're doing and why.
 - ⇒ Find topics and activities that interest and motivate the person.
 - ⇒ Give the person as many choices as you can. This encourages independence and a sense of control.
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Give and Accept Feedback

- ⇒ Feedback must be clear, direct and immediate. A person can't change if they don't know what's wrong.
- ⇒ Give positive feedback and encouragement. Practice giving compliments.
- ⇒ Admit when you made a mistake.

Stay Calm

- ⇒ Keep calm and model the behaviour you expect from the person.
- ⇒ Don't take what the person says or does personally. It isn't just about you!

Be Respectful

- ⇒ Involve the person in decision making. Most people don't like being bossed around or told what to do.
- ⇒ Be polite, even when the person is rude to you.

Redirect and Shift Focus

- ⇒ Ignore behaviours you know are unlikely to change.
- ⇒ Redirect or distract the person to another topic or activity.
- ⇒ Use a sense of humour to break the tension and redirect the conversation onto something different.

References: Queensland Government. (2017). Positive Ways to Manage Behaviour. Queensland Health. Retrieved from <https://www.health.qld.gov.au/abios/>

ABI Resources

- ⇒ Sask North Acquired Brain Injury Services onsite library
- ⇒ Acquired Brain Injury Partnership Project (www.abipartnership.sk.ca)
 - Video Series—Introduction to ABI
 - Book—The Survival Guide; Living with Acquired Brain Injury in the Community
- ⇒ Saskatchewan Brain Injury Association (1-888-373-1555)
- ⇒ Heart and Stroke Foundation of Canada (heartandstroke.ca)
- ⇒ Brainstreams.ca
 - Blog Series—Between the Lines: Stories of Brain Injury Survivors
 - Podcast—Time to Talk Traumatic Brain Injury

Sask North Acquired Brain Injury (ABI) Services

Sask North ABI Services is a group of programs that offer a variety of services to assist individuals, families, and communities affected by an acquired brain injury. We provide services to residents in the areas formally known as Prince Albert Parkland Health Region, Kelsey Trail Health Region, Athabasca Health Authority, Mamawetan Churchill River Health Region and Keewatin Yatthe Health Region.

Program Admission Criteria

- ⇒ Must have a diagnosis of moderate to severe brain injury supported by medical records
- ⇒ Are open to working cooperatively on goal-directed rehabilitation; Participation in our program is voluntary
- ⇒ Priority is given to applicants whose brain injury occurred within the past three (3) years
- ⇒ Applicants with a congenital brain injury or one that is a result of a progressive condition will not be considered for services

How to Reach Us

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THE ABI PARTNERSHIP PROJECT

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