

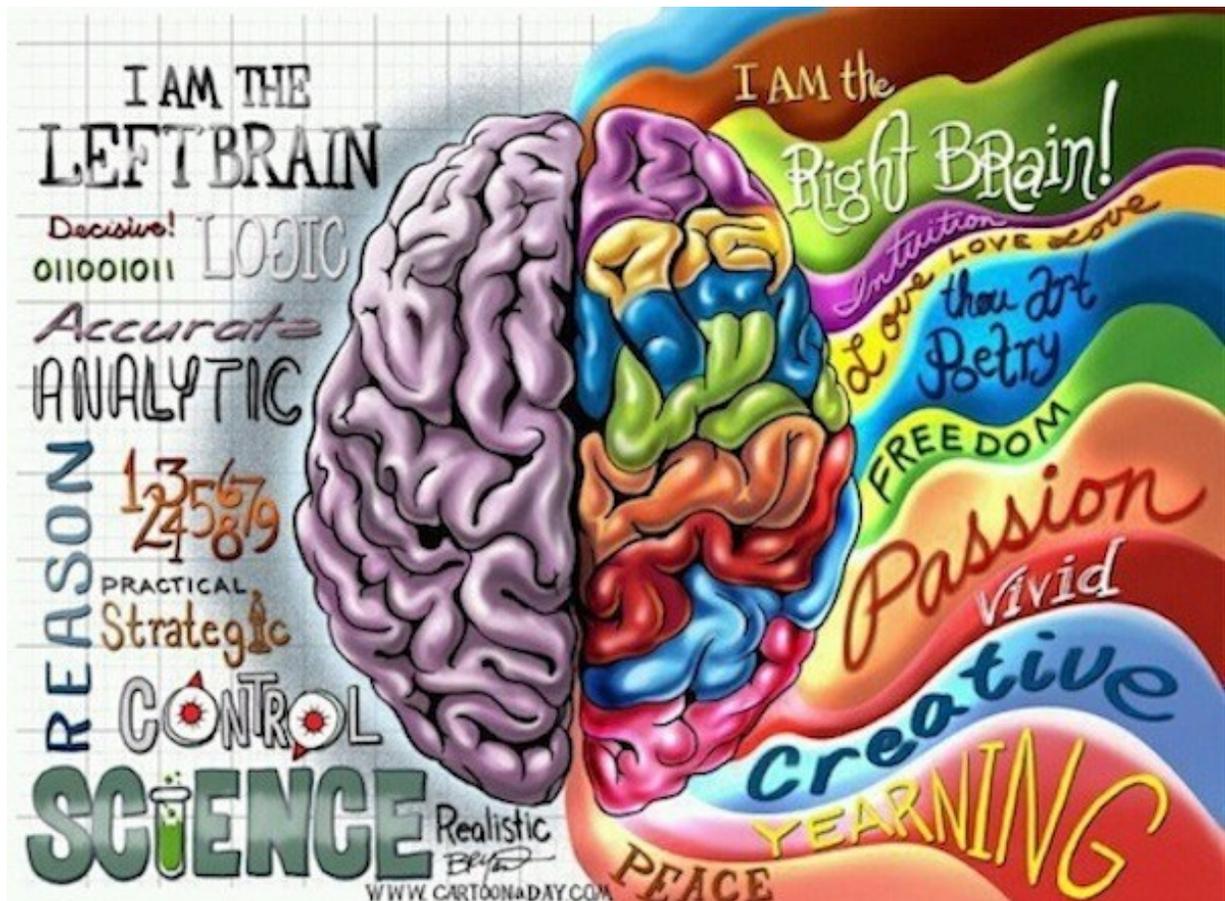


# On the Sunnier Side

Volume 1, Issue 3

September 2014

Brain Injury Association Quinte District



I learn to dance with trauma in my cells  
I learn to dance with an injured brain  
I learn to dance new steps with life

Louise Mathewson



**Presidents Note**

Fall is a fun time at the Brain Injury Association Quinte District. Our fall programs include the Rec Group and Art Journaling. Please join us for the second Annual Harvest Festival at the Ameliasburgh Museum on Saturday September 20<sup>th</sup>, 2014. All family and friends of BIAQD are most welcome. Also, on October 11<sup>th</sup>, 2014, we will honour the life and work of Ralph Kitchen with the 1st Annual Ralph Kitchen Memorial Ride through the fall colours in North Hastings. Please feel free to join us at the Eldorado Community Centre at 9 am to celebrate Ralph's life and enjoy coffee with the riders. Our annual fundraiser will take place on November 14<sup>th</sup>, 2014 at the Casa-Dea Winery in Wellington. It will be a fun evening of food, wine and fellowship. We are looking for sponsors so please pass the word along to your business associates. Also, please consider helping us with ticket sales. The fall will end with our Annual Holiday Party on December 13, 2014 - please save the date! We hope to have a special visitor that night if everyone is "good as gold!"

Hope to see you all several times this fall,

Mary-Ellen Thompson, President

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Welcome to Fall, 2014! Many of you may be wondering where was summer. However, it is time to enjoy the fall colours, crisp autumn air, the fruits of the harvest and the beautiful fall days. Our Annual General meeting will be held on Wednesday September 17, 2014 at 5 pm at our office. Please come and help us develop programmes for the future of our association. Our member participation is critical for us to remain a vibrant, relevant organization!



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## Meet our Members Gary



In 2001, I had a wonderful life. I had a loving family, my wife Connie and my daughters, Danielle and Rayanne. At that time, I had 3 grandchildren, but now, I have 5 grandchildren. I was living in a century home in Colbourne that I had spent 30 years restoring and finishing all the woodwork to its original state. I also restored a small barn and it held my workshop.

I worked at Esco in Port Hope. I started working there when I was 18 years old and I worked there for 35 years. I initially went to Durham College to earn my machinist papers and then, later I returned to earn my welding certificate. At Esco, we made draglines and dippers for the big buckets on machines that work in the Tarsands. In 1985, I was promoted to supervisor at the machine shop.

Suddenly in 2001, my life would take a tragic turn. On Saturday, July 28<sup>th</sup>, I rode my Harley Davidson Sportster 12 to work to show the guys my bike. The bike had been totally restored and had a set of really noisy pipes. At quarter to six in the morning, a person hit me, breaking his windshield, knocking me off my bike, sending my helmet flying and sending me bouncing off the 401. The ambulance rushed me to Cobourg Hospital, and then I was airlifted to Sunnybrook. My brain was swelling, my foot was broke and there was blood seeping from my ear - I was a mess!



## Meet our Members Gary

After acute care in Toronto and rehab at St. Mary's of the Lake, I returned home to community rehab. It has been a very long journey and I still have to keep working on things today. I try to read every-day but sometimes the words just don't come. I was very happy when I finally got my license back. Now, I drive to visit family and friends, and drive to BIAQD for the Rec group each week.

After the accident, my family had to take on more responsibility. My wife, Connie has had to put much more time into caring for me. Both my daughters, Danielle and Rayanne, have helped me.

Today, I spend time caring for our property. I also enjoy restoring antique furniture. I have a large collection of coffee grinders that I have restored. As well, I enjoy sharing my story at conferences. I have been lucky to speak in Belleville and Kingston about my journey and the things that helped me recover from this injury.



You're not you  
who were.

Be who  
you are!

### Barbara Claiman

M.A., R.R.P., M.C.V.P.  
Director, Client Services

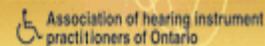


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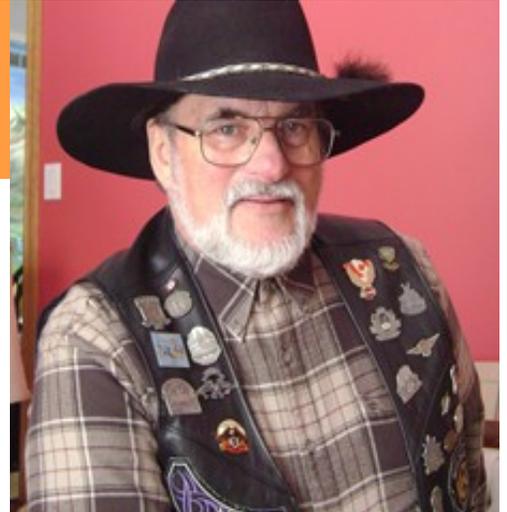
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## Ralph Kitchen Story



Ralph Kitchen was an amazing man and there is so much about his life as a family man, as a community member, as a professional and as a friend to tell. To his wife, Marg, Ralph was a lover, a friend, a confidant and a counselor. To his children, Sheryll, Byron and Gerrit, Ralph was "Dad" - a protector, a counselor and an advisor. Ralph and Marg were blessed with five grandchildren and one great grandson.

In Marg's words, "Ralph was an extrovert - a man who would throw himself wholeheartedly into every project. If he saw improvements to be made, he would implement them. If he saw people in need, he would go out of his way to help. He was a kind and loving soul.

Ralph's interests included horses, travel, boating, fishing, hunting, gun building, competition shooting, and most of all in his later years, motorcycle building and riding. Anywhere, anytime, was riding time! Ralph was Regional Director for Harley Owners Group of Southern Ontario, a role he embraced wholeheartedly. Ralph visited all the chapters and all the associated dealers, and built many friendships based on his love of others and his love for the Harley Davidson motorcycle.

On June 23, 2009, Ralph was out on a day trip, heading up to the Algonquin area, alone, on his beloved 2008 Harley Davidson Fat Boy. Alone with his thoughts, riding for the love of it, reveling in the sheer joy of riding and the autumn colors, a baby deer changed Ralph's life and the lives of his family forever. Although the official advice was that there was no hope, Ralph's family and friends rallied around praying for a miracle, and Ralph pulled through but it was a new Ralph.



**Mary-Ellen Thompson, Ph.D.**

CCC(SLP), SLP(L), Regd. CASLPO

*Practice in Language, Speech and Cognitive Communication*

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Ralph's wife, Marg, describes Ralph's journey this way:

*Over the days, weeks, months, we saw the slow rebuilding of his body, the return of his strong spirit, and the return of his mind, but that last was somewhat altered by the brain injury. The man who had always been so sure of himself in all things was now somewhat changed. He was eager to get back to the way things had been for him, but ..... he slowly began to realize that his balance, his ability to deal with situations, and the speed of his responses were no longer as they had been. His eyesight had been affected, his hearing as well. Although he never admitted to himself or others that there had been a brain injury, over time, he began to see that there was a change. His improvement in so many ways was astounding over the first two years, and then, slowly but noticeably, he began to slow down, sleep more, find it more difficult to reconcile his ideas or expectations to those of others. It became so much harder to interact with his friends and family in large numbers as his hearing and ability to think and plan at speeds he expected of himself were diminished.*

Ralph passed away on December 8, 2013 at Campbellford Memorial Hospital. Ralph's family and friends celebrate his legacy each and every day with the wonderful memories that he left them and with his caring compassionate spirit as a reminder of the love that he shared so freely with others.

On October 11, the Brain Injury Association is honored to join with Ralph's family and friends to support the First Annual Memorial Ride for Ralph Kitchen. Details of the ride are included on the following page. As Ralph so kindly shared his talents with others, Ralph's family are now kindly sharing his legacy with our Association. While he was still enjoying better health, Ralph did act as auctioneer for our fundraiser and he did an amazing job! Although Ralph found it hard to accept the consequences of his brain injury, we all know that on October 11<sup>th</sup>, Ralph will be with us, riding off into the sunset. Please join us as we celebrate Ralph's rich legacy. Even if you don't ride a motorcycle, you are encouraged to join us for breakfast, follow the group and enjoy the fall colour tour.

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**1st Annual**

# **RALPH KITCHEN MEMORIAL RIDE**

**Saturday, October 11, 2014**

**Colour tour of North Hastings / Algonquin**

**\*Registration and Breakfast 9am**

**Eldorado Community Centre**

**\*Ride starts at 10am sharp**

**\*Lunch included**

One of Ralph's great passions was motorcycle building and riding. Anywhere, anytime was riding time! Ralph Kitchen was regional director for Harley Owners Group of Southern Ontario, a role he embraced wholeheartedly. On October 11, join us as we celebrate his legacy by riding one of his favourite routes.

**All donations in Ralph's Memory will support the Brain Injury Association Quinte District**



**Phone: 613 967 2756**  
**Email: [biaqd@bellent.ca](mailto:biaqd@bellent.ca)**  
**Website: [www.biaqd.ca](http://www.biaqd.ca)**  
**Address: 223 Pinnacle Street, Core Centre**  
**Belleville, Ontario,**  
**Canada K8N 3A7**



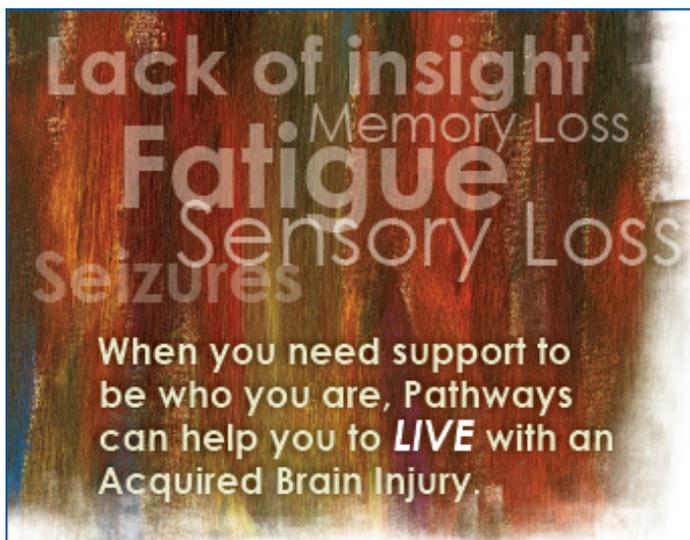
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**Fatigue**  
**Sensory Loss**  
**Seizures**

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“ I love being a part of this club. I love the shopping, theatre, and all the activities. I've met some of my very best friends here ”

—“K. B.” Supported Client in Pathways Family Home program

“ I like that I have a place to go where I feel safe and comfortable ”

—“B. B.” Supported Client at Pathways Club ABI



### Pathways to Independence

**Acquired Brain Injury Services**

Accredited by the Commission for the Accreditation of Rehabilitation Facilities (CARF), Pathways to Independence specializes in providing community based living services and programs to people living with an ABI.

Pathways ABI programs and services are tailored to accommodate client needs and provide a continuum of care. Pathways works closely with every client to develop a service plan that supports a person's rehabilitation and reintegration to the community following a brain injury. In addition to assisting with activities of daily living, Pathways employees actively work with the client to access social networks and community partners to develop and support the implementation of a person's individualized service plan.



**Depending upon the nature of the brain injury, these supports may include:**

- ◆ 24 hour Supported Homes
- ◆ Family Homes
- ◆ Respite Services
- ◆ ABI day programs
- ◆ Employment Supports
- ◆ Behaviour Management
- ◆ Psychological & Psychiatric Services
- ◆ Legal Services
- ◆ Medical and Wellness Support such as Physiotherapy, Speech Therapy, Occupational Therapy, Nursing, Dietician

**Reach out to us to find out more about Pathways ABI Services :**  
 289 Pinnacle St., Belleville, ON K8N 3B3 T 613.962.2541 F 613.962.6357  
 356 D Woodroffe Ave., Ottawa, ON K2A 3V6 T 613.233.3322

**[www.pathwaysind.com](http://www.pathwaysind.com)**

# Harvest FESTIVAL



- Free Harvest Lunch
- Pumpkin Crafts
- Harvest Games
- Tours of the Museum

RSVP to Monique at BIAQD Office by September 17th, 2014  
Bus to leave BIAQD at 10:30am Sharp—Call to reserve your Spot!

**Date: Saturday, September 20th, 2014**

**Time: 11am—2:30pm**

**Ameliasburgh Muesum  
517 County Road 19,  
Ameliasburgh, Ontario  
K0K 1A0**

**Brain Injury Association  
Quinte District**

**223 Pinnacle Street,  
Belleville, Ontario  
K8N 3A7**

**Phone: 613-967-2756  
Fax: 613-967-1108  
Email: [biaqd@bellnet.ca](mailto:biaqd@bellnet.ca)**

# Recreational Program



- Pool at Zed's
- Mini Putt
- Movie at the Galaxy
- Glanmore House
- Thanksgiving Dinner
- Bowling at Pro Bowl

## A NIGHT OF FUN AND FRIENDS!

A supervised evening of activities for individuals with an acquired brain injury. Rebuild life skills, social skills, independence, confidence, self esteem, develop friendships, cognitive & social skills and increase physical activity in the community.

Facilitated by Monique Chartrand

## A LITTLE MORE INFORMATION

**WHEN:** Every Tuesday 4:30-8pm

**WHERE:** Meet at the BIAQD office

**Date: September 10th—October 15th**

**Time: 10am**

# Art Journaling

*In this six week program members will have a chance to express themselves in an art journal!*

**Facilitated by: Monique Chartrand**  
Brain Injury Association Quinte District

*223 Pinnacle Street  
Belleville, Ontario  
K8N 4Z5*

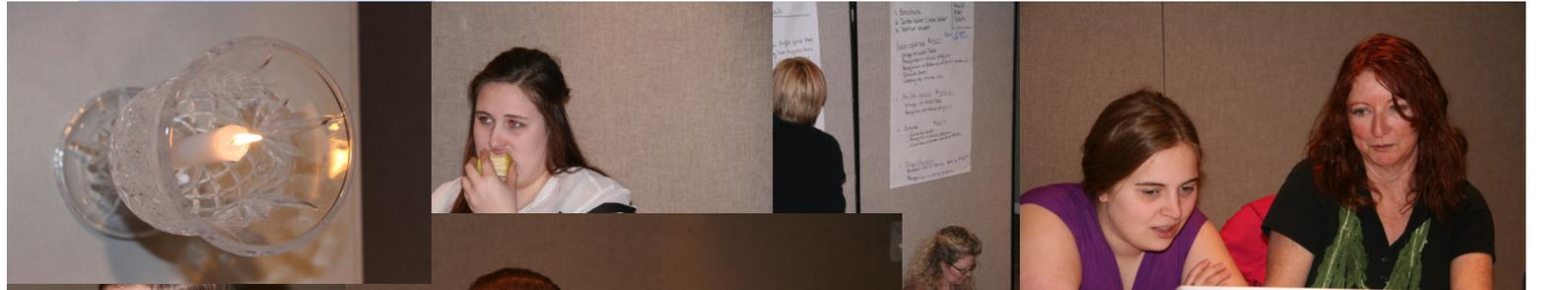
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- Learn & Experiment With New Techniques*
- Tell Your Story Through An Artistic Form*
- Inspiration*
- To Express Your Feelings*
- If you have any extra craft supplies that you do not use anymore please feel free to drop them off at the BIAQD Office*





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# Good Bye to our Students

*Shawna Jones*

My name is Shawna Jones, as some of you may have met me, I recently completed my 12 week placement as a DSW through the BIAQD Office. First and for most I would like to thank the board and all its members for allowing me to complete my placement here, it was a great opportunity and experience. For those of you I have met, you are all truly inspiring and I am so glad I got to know you on a personal level. I also think it is truly amazing how supportive the members are of each other, there is never any judgement, and everyone is very respectful of each other. As a board they are constantly coming up with new ideas, activities, programs, skills and providing opportunities in every aspect of life. I would also like to mention how supportive the members are of BIAQD events, other community events and how much time and effort they have put into making some happen! I would also like to say a special thank you to Monique Chartrand and Lisanne Mitts for supporting and guiding me through my placement and time here. I would recommend any of its programs and resources to brain injury survivors. BIAQD goes out of its way to support its members and survivors, and genuinely cares about them. My time here was wonderful, I truly enjoyed being a part of BIQAD and all that it has to offer.



## **lisanne mitts**

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# Good Bye to our Students

*Charlie Mitts*

Thank you BIAQD and Members,

I write this letter to thank you for hiring me this year as your summer student. I have learned a lot from everyone and will be taking this experience with me through my high school career and, I'm sure, throughout my life. This has been an amazing experience and



has really helped me grow as a working woman and as a person. This Organization has given me a look into my future as I plan to study in the Developmental Service Worker program at Loyalist after high school. I can't thank this organization enough, the board and members are amazing and I will see all of you at future functions and hopefully some Rec. programs. I hope everyone enjoys and makes use of our new library and visits our Facebook page.

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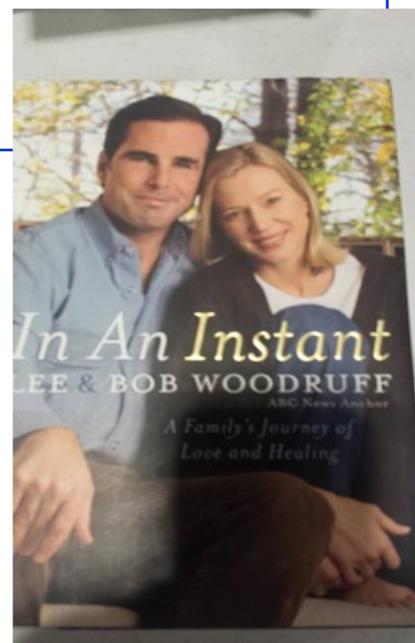
# Our Library Goes Online

*Featured book In An Instant*

*By: Lee and Bob Woodruff*

During the summer of 2014, our summer student, Charlotte Mitts, catalogued our entire library collection. You can view the holdings of our library online and you are encouraged to borrow and enjoy these books. Many of our books are written by survivors of brain injury and their "words of wisdom" speak volumes. We hope to feature a different book in our Newsletter. During this time of international strife, we chose to feature the work of a prominent journalist, Lee Woodruff, who suffered a traumatic brain injury while he was embedded with the USA military in Iraq in January 2006.

In January 2006, the Woodruffs had it all. With a happy marriage and four beautiful children, Lee was a public relations executive and Bob had just named co-anchor of ABC's World News Tonight. Then, while Bob was embedded with the military in Iraq, he suffered a traumatic brain injury that nearly killed him. *In An Instance* is the frank and compelling account of how Bob and Lee's lives came together, were blown apart, and then were miraculously put back together again- and how they survived the tragedy that gripped a nation.



ANNUAL GENERAL MEETING  
THURSDAY SEPTEMBER 17, 2014

AGENDA

- Welcome and Call to Order - Mary-Ellen Thompson, President
- Greetings from Ontario Brain Injury Association - Tammy Dumas
- Motion to Approve the Agenda
- Motion to Approve Minutes of AGM - June 20, 2013
- President's Report - Mary-Ellen Thompson
- Financial Report - Susan Barrett
- Education Committee Report - Mary-Ellen Thompson
- Peer Support Programme - Carole Vincent
- Fundraising Committee Report - Tom Muir
- Programme Committee Report - Lianne Mitts
- Membership Committee Report - Carole Vincent
- OAC Report - Leslie Lloyd
- Nomination of Board Members
- Appreciation
- Adjournment



# Uncorked

## In The County

Date: Friday, November 14th, 2014

Tickets - \$75.00

**5:30pm—Social Hour**

**6:30pm—Dinner and Silent Auction**

**Casa-Dea Estates Winery**

**Greer Rd, Wellington, ON K0K 3L0**

Brain Injury Association Quinte District

223 Pinnacle Street,  
Belleville, Ontario  
K8N 3A7

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Email: [biaqd@bellnet.ca](mailto:biaqd@bellnet.ca)



ERIC REYNOLDS  
CHARTERED ACCOUNT



# Concussion Facts

## WHEN THEY'RE OKAY RETURN TO PLAY

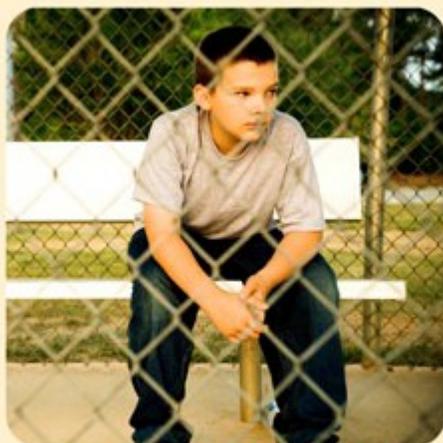
Higher risk of **prolonged recovery** with:

- Multiple Concussions
- History of learning or behavior problems
- History of migraines
- Symptoms of amnesia, fogginess or dizziness



The **biggest risk** is going back to play before the brain heals and getting another concussion!

Percentage of children who are **symptom free** in:



**WHEN IN DOUBT  
SIT THEM OUT**

- 15 days = 25%
- 26 days = 50%
- 45 days = 75%
- 92 days = 90%

# New Pediatric Concussion Management Guidelines

Every day, our news is filled with stories of concussion and their lasting effects on our youth. However, with proper management, most children and youth will recover from concussion. Our current data indicates that approximately 85 % of people will recover within a period of a week to a few months. Unfortunately, some have ongoing symptoms that will persist and affect activities of daily living.

In June 2014, the **Guidelines for Diagnosing and Managing Pediatric Concussions** were released by the Ontario Neurotrauma Foundation. These comprehensive guidelines provide information for health care professionals, school officials, parents and caregivers for management of concussion in children aged 5 to 18 years. Further information can be access through <http://onf.org/documents/guidelines-for-pediatric-concussion> or [www.concussionsontario.org/guidelines-for-pediatric-concussion](http://www.concussionsontario.org/guidelines-for-pediatric-concussion).

As well, the Ministry of Education mandated all school boards to develop coimprehensive policies regarding management of concussion in the school settings. The guidelines for the Hasting sand Prince Edward District School Board can be found at <http://www.hpedsb.on.ca/ec/policiesprocedures/archive/Administrative%20Procedures/300%20Students/Procedure%20322%20Concussion%20Management.pdf>.

We have included some resources on the following pages. We strongly encourage you to have your children and youth enjoy sports for the many benefits of exercise, team play and socialization. Our motto is **“Play Hard, Play Safe!”** If a concussion occurs, please carefully consider the return to play and return to school guidelines and consult a healthcare professional in our community.

**Support Services for Brain Injury**

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# Return to School Guidelines

## STAGE 1: Brain Rest—NO SCHOOL

- No school for at least one week
- Lots of cognitive rest (**NO** TV, video games, texting, reading)
- When symptom free, move to **STAGE 2**  
*\*If symptoms persist past 2 weeks, move to STAGE 2*

## STAGE 2: Getting Ready to Go Back

- Begin gentle activity guided by symptoms (walking, 15 minutes of screen time twice daily, begin reading).
- When symptom free, move to **STAGE 3**  
*\*If symptoms persist, stay in this stage for a maximum of 2 weeks and discuss moving to STAGE 3 with your physician or brain injury clinician*

## STAGE 3: Back to School/Modified Academics

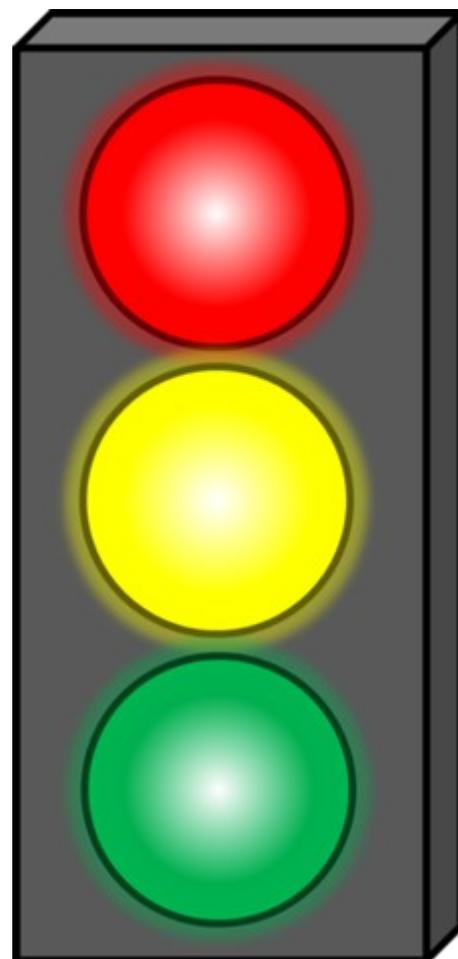
- This stage may last for days or months depending on rate of recovery
- Go to bed early and get lots of sleep. Have a quiet retreat space in school
- Academic Modifications:
  - Timetable/attendance: Start by going for one hour, half days or every other day
  - Curriculum: Attend less stressful classes, no tests, homework in 15 minute blocks up to a maximum of 45 minutes daily
  - Environment: Preferential seating, **avoid** music class, gym class, cafeteria, taking the bus, carrying heavy books
  - Activities: Limit screen/TV time into 15 minute blocks for up to 1 hour daily
- When symptom free, move to **STAGE 4**  
*\*If symptoms persist past 4 weeks—A recovery individualized Education Plan (IEP) may be needed*

## STAGE 4: Nearly Normal Routines

- Back to full days of school, but can do less than 5 days a week if needed
- Complete as much homework as possible and a maximum of 1 test per week
- When symptom free, move to **STAGE 5**

## STAGE 5: Fully Back to School

- Gradual return to normal routines including attendance, homework, tests and extracurricular activities



## Concussion Guidelines for

## PARENTS &amp; CAREGIVERS



## WHAT IS A CONCUSSION?

A concussion is a brain injury that cannot be seen on routine x-rays, CT scans, or MRIs. It affects the way a child may think and remember things, and can cause a variety of symptoms.

## WHAT ARE THE SYMPTOMS AND SIGNS OF CONCUSSION?

A CHILD DOES NOT NEED TO BE KNOCKED OUT (LOSE CONSCIOUSNESS) TO HAVE HAD A CONCUSSION.

THINKING PROBLEMS	CHILD'S COMPLAINTS	OTHER PROBLEMS
<ul style="list-style-type: none"> <li>• Does not know time, date, place, period of game, opposing team, score of game</li> <li>• General confusion</li> <li>• Cannot remember things that happened before and after the injury</li> <li>• Knocked out</li> </ul>	<ul style="list-style-type: none"> <li>• Headache</li> <li>• Dizziness</li> <li>• Feels dazed</li> <li>• Feels "dinged" or stunned; "having my bell rung"</li> <li>• Sees stars, flashing lights</li> <li>• Ringing in the ears</li> <li>• Sleepiness</li> <li>• Loss of vision</li> <li>• Sees double or blurry</li> <li>• Stomachache, stomach pain, nausea</li> </ul>	<ul style="list-style-type: none"> <li>• Poor coordination or balance</li> <li>• Blank stare/glassy eyed</li> <li>• Vomiting</li> <li>• Slurred speech</li> <li>• Slow to answer questions or follow directions</li> <li>• Easily distracted</li> <li>• Poor concentration</li> <li>• Strange or inappropriate emotions (ie. laughing, crying, getting mad easily)</li> <li>• Not playing as well</li> </ul>

## WHAT CAUSES A CONCUSSION?

Any blow to the head, face or neck, or a blow to the body which causes a sudden jarring of the head may cause a concussion (ie. a ball to the head, being checked into the boards in hockey).

## WHAT SHOULD YOU DO IF YOUR CHILD GETS A CONCUSSION?

**Your child should stop playing the sport right away.**

They should not be left alone and should be seen by a doctor as soon as possible that day. If your child is knocked out, call an ambulance to take him/her to the hospital immediately. Do not move your child or remove any equipment such as helmet, in case of a cervical spine injury. Wait for paramedics to arrive.

# CONCUSSION GUIDELINES FOR PARENTS & CAREGIVERS



## HOW LONG WILL IT TAKE FOR MY CHILD TO GET BETTER?

The signs and symptoms of a concussion often last for 7-10 days but may last much longer. In some cases, children may take many weeks or months to heal. Having had previous concussions may increase the chance that a person may take longer to heal.

## HOW IS A CONCUSSION TREATED?

### THE MOST IMPORTANT TREATMENT FOR A CONCUSSION IS REST.

The child should not exercise, go to school or do any activities that may make them worse, like riding a bike, play wrestling, reading, working on the computer or playing video games. If your child goes back to activities before they are completely better, they are more likely to get worse, and to have symptoms longer. Even though it is very hard for an active child to rest, this is the most important step.

Once your child is completely better at rest (all symptoms have resolved), they can start a step-wise increase in activities. It is important that your child is seen by a doctor before he/she begins the steps needed to return to activity, to make sure he/she is completely better. If possible, your child should be seen by a doctor with experience in treating concussions.

## WHEN CAN MY CHILD RETURN TO SCHOOL?

Sometimes children who have a concussion may find it hard to concentrate in school and may get a worse headache or feel sick to their stomach if they are in school. Children should stay home from school if their symptoms get worse while they are in class. Once they feel better, they can try going back to school part time to start (eg. for half days initially) and if they are okay with that, then they can go back full time.

## WHEN CAN MY CHILD RETURN TO SPORT?

**It is very important that your child not go back to sports if he/she has any concussion symptoms or signs.** Return to sport and activity must follow a step-wise approach:

**STEP 1)** No activity, complete rest. Once back to normal and cleared by a doctor, go to step 2.

**STEP 2)** Light exercise such as walking or stationary cycling, for 10-15 minutes.

**STEP 3)** Sport specific aerobic activity (ie. skating in hockey, running in soccer), for 20-30 minutes. **NO CONTACT.**

**STEP 4)** "On field" practice such as ball drills, shooting drills, and other activities with **NO CONTACT** (ie. no checking, no heading the ball, etc.).

**STEP 5)** "On field" practice with body contact, once cleared by a doctor.

**STEP 6)** Game play.

**Note: Each step must take a minimum of one day.** If your child has any symptoms of a concussion (e.g. headache, feeling sick to his/her stomach) that come back at any step, **STOP** activity, wait 24-48 hours, and resume activity at previous step.

## When should I take my child to the doctor?

Every child who gets a head injury should be seen by a doctor as soon as possible. Your child should go back to the doctor **IMMEDIATELY** if, after being told he/she has a concussion, he/she has worsening of symptoms such as:

1. being more confused
2. headache that is getting worse
3. vomiting more than twice
4. strange behaviour
5. not waking up
6. having any trouble walking
7. having a seizure

Problems caused by a head injury can get worse later that day or night. The child should not be left alone and should be checked throughout the night. If you have any concerns about the child's breathing or how they are sleeping, wake them up. Otherwise, let them sleep. If they seem to be getting worse, you should see your doctor immediately. **NO CHILD SHOULD GO BACK TO SPORT UNTIL THEY HAVE BEEN CLEARED TO DO SO BY A DOCTOR.**

# Events for the Fall

## *AGM*

September 17th at 5pm—BIAQD Office

## *Harvest Festival*

September 20th from 10am-230pm at the Ameliasburg Museum

## *Ralph Kitchen Memorial Ride*

October 11th at 9am—

Madoc Township Fire Hall in Eldorado, ON

## *Uncorked in the County*

November 14th—5:30pm

Casa-Dea Estates Winery—Wellington, ON

## *Holiday Party*

December 12th at 5:30pm—BIAQD Office

If you are interested in any of the events please contact the office for further information!

We're On the Web! Check us out to keep up to date between magazines!

[www.biaqd.ca](http://www.biaqd.ca)

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