

Canadian Mental Health Association Cariboo Chilcotin Branch is happy to announce that they are now working in partnership with Interior Health Authority to provide support services to individuals living with brain injury in the Williams Lake area.

The enclosed service information sheet provides an overview of the type of service we can offer. If you have a brain injury or know someone who may benefit from these services please contact [250-305-4330](tel:250-305-4330) for more information.

Brain Injury Walk-Ins
will be available from
10:00am to 1:00pm at
the Club House

Mondays

113 4th AVE North
Williams Lake, BC
V2G 2C8



Canadian Mental
Health Association
Mental health for all

Brain Injury
Support Program
250-305-4330
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Canadian Mental
Health Association
Cariboo Chilcotin
Branch

Brain Injury Help and Information



Canadian Mental
Health Association
Cariboo Chilcotin
Branch



Canadian Mental
Health Association
Mental health for all

Definition of Acquired Brain Injury (ABI):

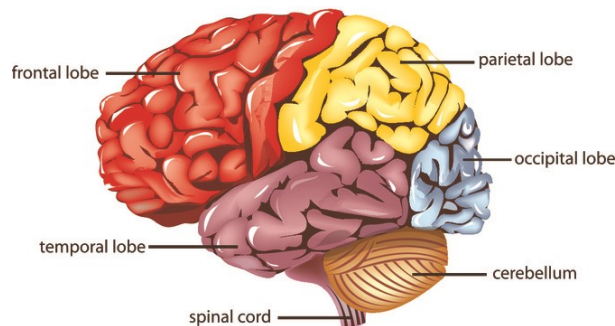
“Damage to the brain, which occurs after birth and is not related to congenital or a degenerative disease. These impairments may be temporary or permanent and cause partial or functional disability or psychosocial maladjustment.”

World Health Organization,
Geneva 1996

ABI Program Eligibility Criteria:

Individuals between 19 and 64 years of age living in the Interior Health Authority with a diagnosed Acquired Brain Injury (ABI).

Parts of the Human Brain



The Acquired Brain Injury Life Skill Workers provide the following:

- ⇒ Helps to develop, maintain, or restore daily living skills
- ⇒ Provides support with practical day to day problem solving for individuals who experience challenges in daily living as a result of their ABI such as:
 - ⇒ Financial management and budgeting
 - ⇒ Interpersonal communication and relationships
 - ⇒ Providing medication reminders
 - ⇒ Overall wellness self-management
 - ⇒ Personal care (e.g.: hygiene)
 - ⇒ Making and keeping appointments and other aspects of personal organization
 - ⇒ Household management (e.g.: laundry, cleaning)
 - ⇒ Menu planning, grocery shopping, meal preparation
 - ⇒ Community access (e.g.: public transportation and general community services)
 - ⇒ Vocational planning
- ⇒ Teaches strategies to cope with stressful situations
- ⇒ Ensures clients have the information necessary to access professional and community resources for support as needed.
- ⇒ Provides a link to and works hand in hand with the Acquired Brain Injury case management program based out of Kamloops.