

Acquired Brain Injury Services Directory

Recovery resources, supports, and services
for you, your family, and your community



DISCLAIMER:

While Brain Injury NS staff took care to prepare the information contained in this directory, such information was obtained from several sources, may not be current and is provided without charge.

This information is intended for informational purposes only, is not intended to constitute medical advice, and should not be relied upon in any such regard.

It is not intended to be a comprehensive or detailed statement concerning the matters addressed.

The Brain Injury Association of Nova Scotia does not recommend or endorse the use of any service or provider described in or provided through this directory.

A NOTE ABOUT THE IMPACT OF COVID-19:

At the time of printing, Public Health restrictions due to the pandemic affected many service providers.

Please contact organizations directly to inquire about the current availability of in-person programs, services or resources as many may have shifted online either temporarily or permanently.



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Introduction

At the **Brain Injury Association of Nova Scotia**, we understand how profoundly a brain injury impacts you and everyone close to you. With over 70,000 Nova Scotians affected by brain injury, we also understand how difficult it can be to find the services and supports that will help you and your family with your recovery and return to life, work and the things you love to do.

A recent investment to support brain injury as part of a 10-year federal funding commitment to mental health helps support initiatives recommended by the acquired brain injury advisory committee, an effort co-led by the Department of Health and Wellness and the Brain Injury Association of Nova Scotia. Partners include the IWK, Nova Scotia Health, Peter's Place, Strongest Families and the Brain Injury Association of Nova Scotia (Brain Injury NS).

We are committed to building a community of support for people with brain injuries across Nova Scotia through programs, education and resources, as well as tireless advocacy.

This directory focuses primarily on publicly-funded or free/subsidized programs and services available to brain injury survivors and families across the province.

To view an evergreen version of this directory, please visit our website – www.braininjuryns.com – or you may request hard copies of any of our resources by mail (contact details are below).

Wherever possible, we have included phone numbers in the print directory for those without easy access to the internet. **211 NOVA SCOTIA** is a free helpline that can connect you to many of these community and social services in your area 24 hours a day, 365 days a year and in over 150 languages.

Call or text 211 or 1-855-466-4994, or visit <https://ns.211.ca>

A companion **Caregiver Guide** for this directory will be available in the upcoming 2nd edition with specific resources to help families and caregivers of those with brain injuries.

Additionally, Brain Injury NS has developed **Concussion Information Cards** in consultation with concussion professionals in Nova Scotia for the most up-to-date information on concussion education, prevention, recovery, and more. These cards are available on our website and distributed in emergency rooms and other health facilities across the province.

For more information:

Brain Injury Association of Nova Scotia
Metro Community HUB
3-615 Windmill Road
Dartmouth, NS
B3B 1B6
902-422-5000 or 1-833-452-7246
www.braininjuryns.com

For errors, outdated information or omissions, please contact info@braininjuryns.com.

What to consider

If you are experiencing a medical emergency, please call 911.

If you are experiencing persistent symptoms related to your brain injury, consider starting with your family doctor for referrals to appropriate specialists.

In your search for a health care professional, it is helpful to ask for specific examples of their experience in treating symptoms of a brain injury, the assessment and treatment services they provide, how long treatment is usually needed, and any fees that may not be covered by MSI or extended health insurance.

When it comes to accessing the right non-medical support and help, filling out the paperwork correctly and completely can be overwhelming. Don't let forms stand in the way of getting the help you need, especially when it comes to financial support and government documents. If you need help completing forms, you may wish to contact:

Dalhousie Social Work Community Clinic

902-494-2753 or swcc@dal.ca

Independent Living Nova Scotia (ILNS)

902-453-0004 or 1-877-310-4567

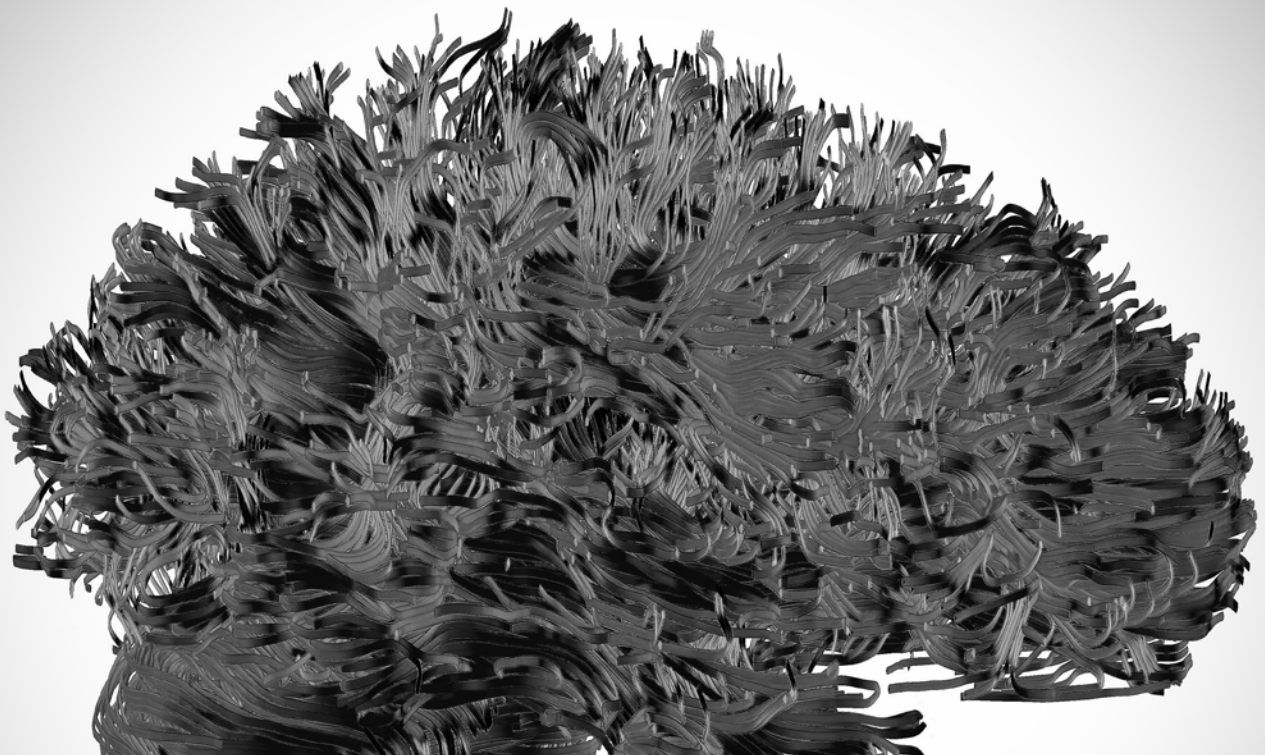
www.ilns.ca

reachAbility Association

Offers form-filling clinics on a drop-in basis to complete forms such as Criminal Record Pardons, lease agreements, applications, etc.

902-429-5878 or 1-866-429-5878

www.reachability.org



NeuroCommons

The **NeuroCommons** opened its doors in 2020 to a new community-based Nova Scotia Health facility that clusters existing acquired brain injury (ABI) outreach and day programs in Central Zone together with Brain Injury NS and other key community partners to collaborate and expand support for people with acquired brain injuries and their families.

Two of the programs based out of the NeuroCommons include the ABI Day Program and the ABI Outreach Team.

The ABI Day Program offers outpatient therapy groups for people who have an acquired brain injury. The program is for people who want to learn more about their injury, participate in meaningful activities, explore their strengths, and learn skills and strategies to manage symptoms.

Participants must have the referral form completed by a healthcare professional, then participate in an intake assessment and register for the program to attend.

To attend the program, you must be:

- Diagnosed with an acquired brain injury (e.g., traumatic brain injury/concussion, stroke, brain tumours, meningitis/encephalitis, lack of oxygen to the brain)
- 18 years of age and older
- Able to participate in a group setting
- Living within the province and have the means to access the program in person or online
- Able to manage self-care and medications during the program or have a caregiver to help
- Medically stable and able to attend regular sessions

NeuroCommons

Unit 0290, Bedford Place Mall
1658 Bedford Highway
Bedford, NS B4A 2X9
902-473-1229
902-425-6574 (fax)

The ABI Day Program has two parts – the introductory core program and the subsequent series programs.

- **Core Program Hours** - two days per week for 2.5 hours over six weeks (the schedule varies)
- **Series Program Hours** - two days per week for 1.5 hours over six weeks (the schedule varies, participants may choose to participate in more than one series program simultaneously)

The ABI Outreach Team is a community-based health care service for people who have an acquired brain injury.

The ABI Outreach Team accepts referrals from health care professionals for individuals residing within Nova Scotia Health Central Zone. Services are offered via home and community visits.

Services are provided to clients with complex needs requiring a coordinated, interdisciplinary approach to care.

The referral form can be completed and faxed to the Coordinator - ABI Ambulatory Care Teams.

To be eligible for services of the ABI Outreach Team, you must be:

- Diagnosed with an acquired brain injury (e.g. traumatic brain injury, stroke, brain tumours, meningitis/encephalitis, lack of oxygen to the brain)
- 18 years of age and older
- Living within Nova Scotia Health Central Zone
- Ready and willing to work with the team to reach the goals agreed upon
- Open to including family or support persons in reaching goals

ABI Outreach

902-473-4305

Coordinator - ABI Ambulatory Care Teams

902-473-1186
902-425-6574 (fax)

An important note about insurance

Some health care services and programs are covered by Nova Scotia Medical Service Insurance (MSI) which Medavie Blue Cross administers on behalf of the Nova Scotia government. This is usually when a health care professional is employed by a public institution like a hospital, school or correctional facility, but you should always ask for clarification.

When professionals practise in the community in private practice, MSI may not cover their services. However, sometimes these services can be covered by private or extended health insurance plans, so always check with your insurance provider first to make sure that you understand any costs that they may not cover.

For more information about MSI, you can call 902-496-7008 or 1-800-563-8880, or visit <https://novascotia.ca/dhw/MSI/>

Professional Services

While many professional disciplines can play a role in brain injury recovery, due to space constraints, we've limited our directory scope to those listed below, emphasizing publicly funded services.

Nova Scotia Health – Acquired Brain Injury (ABI) Services

The Acquired Brain Injury (ABI) Program comprises multiple services and interdisciplinary teams. The cornerstone of care is an organized, programmatic approach to multidisciplinary assessment, treatment and education for survivors of traumatic and non-traumatic brain injuries and their families:

- Inpatient Rehabilitation - 7th Floor ABI Unit, Nova Scotia Rehabilitation and Arthritis Centre (NSRAC)
- District Stroke Program
- ABI Ambulatory Care Services
- ABI Day Program (see NeuroCommons above)
- ABI Outreach Team (see NeuroCommons above)
- Concussion Education Sessions*
- Occupational Therapy
- Physiotherapy
- Social Work
- Neuropsychology

*For more information on Concussion Education Sessions or to register online, visit <https://abi.nshealth.ca/> or call 902-473-8610.



Locations:

Nova Scotia Rehabilitation and Arthritis Centre

1341 Summer Street
Halifax, NS
B3H 4K4

NeuroCommons

Unit 0290, Bedford Place Mall
1658 Bedford Hwy
Bedford, NS
B4A 2X9

Acquired Brain Injury Program Outpatient and Community Services

For questions or referrals, contact:
902-473-1186

Peter's Place

Community Rehabilitation Program

To improve self-sufficiency in every area possible, staff work inclusively with the individuals impacted by ABI and their families to establish and monitor goals. Comprehensive improvement assessments are done monthly. The purpose of this customizable 12-week program is to allow an individual to remain more independent in their home, with their family and stay active within their community. The program administrator assesses all referrals.

902-481-0049
www.petersplace.ca

Looking for a Family Practice

Nova Scotia Health provides support for citizens looking for a family doctor or nurse practitioner. Call 811 or visit <https://needafamilypractice.nshealth.ca>

Mental Health and Addictions

The hotlines listed here are toll-free and available to help 24/7 or go to your closest emergency department.

Provincial Mental Health and Addictions Crisis Line:

1-888-429-8167
Kids Help Phone: 1-800-668-6868
Text CONNECT to 686868
Emergency: 911

You're not alone.

Nova Scotia Health has an excellent five-minute tool on their website that will walk you through finding the right help as close to home as possible. You will not be asked to provide your name or any other personally identifiable information.
<https://mha.nshealth.ca/en/help>

You can call the Intake Service if you prefer.
1-855-922-1122

Monday – Friday, 8:30 a.m. to 4:30 p.m.
(The line has voicemail only on evenings, weekends, and statutory holidays.)

2-V-1 Rule

for properly fitting helmets

Brain Injury
Association of Nova Scotia

2

fingers distance between eyebrows and helmet

V

straps form a "V" under ears

1

finger fits between chin and strap



Other resources:

Canadian Mental Health Association (CMHA)

Nova Scotia Division

1-877-466-6606

www.novascotia.cmha.ca

Hope for Wellness Help Line

Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada. Available 24 hours a day, seven days a week.

1-855-242-3310

A chat box to connect with a counsellor online is also available on their website.

www.hopeforwellness.ca

Immigrant Services Association of Nova Scotia (ISANS)

Offers counselling and crisis intervention services to support new immigrants.

902-423-3607 or 1-866-431-6472

www.isans.ca

For a more comprehensive list of mental health resources in Nova Scotia, visit:

www.novascotia.ca/mental-health-and-wellbeing/

Audiologists and Speech-Language Pathologists

Provide services in hospitals, clinics and schools across the province as well as in private practice.

To find an audiologist or speech-language pathologist near you, visit:

<https://nscaslp.ca>

Chronic Pain Services and Pain Management

Chronic pain services help you manage pain and improve your health, function and well-being. Teams may include doctors, nurses, physiotherapists, occupational therapists, psychologists, social workers and other health care professionals who specialize in pain management.

The Pain Self-Management Program (PSMP) is a 12-session interdisciplinary group program designed to help people with long-term pain learn skills and non-medicinal ways of helping with pain relief and overall improved quality of life. Available across the province. Call 211 or visit www.nshealth.ca to search for a list of programs and services for your nearest local PSMP program.

Driver Evaluation

In Nova Scotia, doctors are responsible for deciding whether you are okay to drive or not. If they are unsure, they may refer you to the Driver Evaluation Program offered by a team that includes a trained occupational therapist and a certified driving instructor.

The program's cost is not covered by public health insurance, although private or extended health insurance plans may cover the cost, so check with your provider. (The program has a funding coordinator who may also be able to help you with options.)

Driver Evaluation Program

Nova Scotia Rehabilitation and Arthritis Centre, 1341 Summer Street, First Floor

Halifax NS B3H 4K4

902-473-2151

<http://www.nshealth.ca/sites/nshealth.ca/files/patientinformation/1824.pdf>

Hearing and Speech Nova Scotia (HSNS)

Provides quality audiology services to all Nova Scotians and speech-language services to preschool children, home school children, and adults. HSNS is accredited by Accreditation Canada and provides services from 34 clinic sites in 25 communities throughout Nova Scotia. Most services are provided at no cost to Nova Scotian residents with a valid health card.

902-492-8289 or 1-888-780-3330

www.nshsc.nshealth.ca

Neuropsychology/Psychology

Neuropsychology is part of the interdisciplinary approach with Nova Scotia Health ABI Services. Psychologists also work in private practices and may be covered by your private or extended health insurance plan. To find a local psychologist with experience in brain injury, visit the Association of Psychologists in Nova Scotia, select Find a Psychologist and choose "brain injury" under Area of Practice.

www.apns.ca

Occupational Therapy

Occupational therapy is part of the interdisciplinary approach with Nova Scotia Health ABI Services. Occupational therapists work at most sites within Nova Scotia Health in both mental health and physical medicine settings. Occupational therapists are primary care professionals. For referral forms and telephone numbers of locations across the province:
<http://www.nshealth.ca/service-details/Occupational%20Therapy>

Suppose you have private or extended health insurance coverage. In that case, you can search the College of Occupational Therapists of Nova Scotia (COTNS) to find an occupational therapist in private practice near you.
www.cotns.ca

Physiotherapy

Physiotherapy is part of the interdisciplinary approach with Nova Scotia Health ABI Services. In Nova Scotia, physiotherapy is paid for by the province's health care system and available as an outpatient service at your local hospital without a health care provider's note. For local contact information for publicly-funded physiotherapy, visit:
www.nshealth.ca/service-details/physiotherapy

Physiotherapy is also available privately by calling your local physiotherapy clinic. While you won't need a health care provider's note if you are paying for physiotherapy yourself, if you were injured at work or covered by a private or extended health insurance plan, you might need a note. In some cases, you may need to see a physiotherapist at an approved clinic.

To find a local physiotherapist, call 211 or visit the Nova Scotia Physiotherapy Association:
www.physiotherapyns.ca
or the Nova Scotia College of Physiotherapists:
www.nsphysio.com

Social Work

Social work is part of the interdisciplinary approach with Nova Scotia Health ABI Services and a vital piece of the puzzle in providing counselling and education and connecting you with local community resources. For publicly-funded social workers under Nova Scotia Health, referrals can be made by patients, family members, friends, community agencies, or any member of your interdisciplinary health care team. To find a local publicly-funded social worker, visit:
<https://www.nshealth.ca/content/social-work>

In Halifax, the Dalhousie Social Work Community Clinic is an excellent resource:

Dalhousie Social Work Community Clinic

902-494-2753

Social workers also work in private practices and may be covered by your private or extended health insurance plan. To find a local social worker with experience in acquired brain injury, contact the Nova Scotia College of Social Workers.
902-429-7799
www.nscsw.org

Native Social Counselling Agency

Assists off-reserve Aboriginal clients facing social problems and conditions with confidential support and referral services.
902-895-1738
<http://ncns.ca/native-social-counselling-agency/>

Vision - Optometrists

Most vision services – by optometrists, for example – are not usually covered by public health insurance. However, sometimes services can be covered by private or extended health insurance plans. When researching vision care options, ask if your vision health care provider has experience treating patients with brain injuries. To find a local optometrist, visit the Nova Scotia College of Optometrists:
<https://nsco.ca>



Child/Youth Resources

PEDIATRIC REHABILITATION SERVICES AT IWK

Provides services to children and youth with physical disabilities resulting in functional change. Includes the Infant and Preschool Therapy Team, Community and School Therapy Team, Specialty Seating, Augmentative and Alternative Communication, Recreation Therapy, Pediatric Preschool Psychology Service, and Neuropsychology. Some services are HRM specific, while others are provincial or Maritime services.

The Village News is a resource developed by this service to help you stay informed and inspired.

Inpatient Rehab Team

The Inpatient Rehab Team at the IWK is made up of many different health care professionals. The team provides intensive rehab services to infants, children and youth who have a functional impairment resulting from injury, illness or following surgery.

The team will:

- Help you and your child understand your child's condition
- Work with you and your child to identify functional goals
- Help your family prepare for going home
- Support your family as you adapt to life after an injury or illness
- Help your child make the best recovery possible, including:
 - How they move
 - How they participate in daily activities
 - How they communicate
 - How they feel about themselves
 - How they get along with others
 - How they learn
- Help your school understand your child's needs and help plan for their return to school
- Help link your family with people or services in your home community that may be helpful

Other services offered by the IWK:

The Brain Tumour Clinic provides specialized care for children and youth in the Maritimes who have a brain tumour. They use an interdisciplinary team to provide treatment and support for patients and families. Supportive care is a crucial component of the treatments they offer and includes blood product administration, drugs to minimize side effects, nutritional support, psychosocial support, physiotherapy and occupational therapy.

Other programs and services available to children and youth with acquired brain injuries are listed below. A referral may be required for some programs.

Acadia University's SMILE Program

The SMILE (Sensory Motor Instructional Leadership Experience) program provides persons with varying disabilities a unique physical activity experience to improve their total development. Free.

902-585-1477 (Wolfville)

<https://smile.acadiu.ca/home.html>

Best Buddies

Offers school programs that help create lasting friendships between people with and without an intellectual or developmental disability (IDD) as well as brain injuries. The ultimate goal is to make every school and community across Canada more inclusive and accepting. Free.

For participating schools across Nova Scotia, visit:

www.bestbuddies.ca

Brigadoon Village

Delivers year-round camp programming to children, youth and families living with health conditions or other life challenges in Atlantic Canada, including Camp Brainiac (neurosurgery conditions), Camp Carpe Diem (epilepsy) and Camp Good Times (brain tumour).

A pay-what-you-can fee structure is available. No camper in Atlantic Canada will ever be turned away due to a financial situation.

902-681-8100 or 1-888-471-5666

www.brigadoonvillage.org

Camp Triumph

For children who have a sibling or parent with a severe chronic illness or disability. Free. Email is best: info@camptriumph.ca.
www.camptriumph.ca

Club Inclusion

Provides social, cultural and recreational programs accessible to all people with disabilities to enrich lives by building friendships, community and success. Reduced rates and bursaries are available. (HRM)
902-401-5938
www.theclubinclusion.com

Cumberland Smile & Shine Program

Promotes potential in families who have children with special needs or behavioural challenges through support, education, advocacy and partnerships. Free.
902-667-8244 (Cumberland County)
www.cumberlandeip.ca

Dalhousie BEAM – Because Everyone's Ability Matters

Students from various health care programs volunteer to work and play with children who have a wide range of physical and cognitive disabilities. The goal is to provide a safe and friendly environment for these children (0-17 years) and their families. Free. Email is best: dalhousiebeam@gmail.com. (HRM)

Early Childhood Development Intervention Services

Part of a range of community-based services and supports designed to strengthen families, improve parenting skills and foster healthy child development. (Province-wide)
1-844-292-6730
www.nsecdis.ca

Parents of Complex Children of the Maritimes

An online support group where parents can share tips and tricks. Email Jackie Pidduck to receive the meeting link: jacklynn.pidduck@iwk.nshealth.ca.

Strongest Families Institute

Offers evidence-based, bilingual mental health programs and services for children/youth, adults, and families. Free. (Province-wide)
1-866-470-7111
www.strongestfamilies.com



Non-Profit Trustee Services

Veith House

Provides trustee services voluntarily with financial management and budgeting support for clients involved with Income Assistance.

902-453-4320

<https://www.veithhouse.com/trustee-services>

Welcome Housing and Support Services

Offers a trustee program to help clients who struggle to pay their bills in full and on time or who have lost their housing because of late payment in the past. Free.

902-423-5479

<https://www.welcomehousing.ca/trustee-services>

Credit Counselling

At the time of printing, the Province of Nova Scotia had suspended their Debtor Assistance programs through Service Nova Scotia due to COVID-19. It is unclear if this service will resume in the future.

Suppose you are experiencing difficulty with your creditors and need help. In that case, Service Nova Scotia recommends that you contact the Government of Canada's Office of the Superintendent of Bankruptcy for more information and find a Licensed Insolvency Trustee.

1-877-376-9902

https://www.ic.gc.ca/eic/site/bsf-osb.nsf/eng/h_br01854.html

Financial Assistance

While there are several possibilities for financial assistance that may be of help in your particular situation due to space constraints, we've included a limited list of critical federal and provincial programs below as a starting point. Information can become outdated quickly, so visit websites for the most current details.

Government of Canada – Financial Support

Employment Insurance (EI) Sickness Benefit

EI sickness benefits can provide you with up to 15 weeks of financial assistance if you cannot work for medical reasons. You could receive 55% of your earnings up to a maximum of \$573 a week. You must get a medical certificate to show that you are unable to work for medical reasons.

1-800-206-7218

<https://www.canada.ca/en/services/benefits/ei/ei-sickness.html>

If your medical condition is expected to be long-term or permanent, you may be eligible for other benefits such as CPP-Disability.

The Canada Pension Plan Disability Benefit (CPP-D)

Designed to provide partial income replacement to eligible CPP contributors under the age of 65 with a severe and prolonged disability.

1-800-277-9914

<https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit.html>

Disability Tax Credit (DTC)

A non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay.

Being eligible for the DTC can open the door to other federal and provincial programs such as the Registered Disability Savings Plan, the Canada Workers Benefit, and the Child Disability Benefit.

1-800-959-8281

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html#lgblt>

Note: Beware of for-profit companies who charge exorbitant 'contingency fees' (as much as 30% + HST) to apply for the DTC on your behalf.

(The Disability Tax Credit Promoters Restrictions Act (DTCpra) was enacted to limit the fees that can be accepted or charged, directly or indirectly, by a promoter who makes a disability tax credit request under the Income Tax Act on behalf of a claimant. At the time of printing, the Act had not yet come into force.)

- **For step-by-step instructions** for completing T2201, visit:
<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit/step-step-instructions-filling-form-t2201.html>
- **For help with filling out the DTC form**, you may also contact the Dalhousie Social Work Community Clinic or Independent Living Nova Scotia.

Dalhousie Social Work Community Clinic

902-494-2753 or swcc@dal.ca

Independent Living Nova Scotia (ILNS)

At the time of printing, ILNS had just launched a new automated email navigation system to support persons with disabilities through the Disability Tax Credit and Registered Disability Savings Plan process.

For more information:

902-453-0004 or 1-877-310-4567

www.ilns.ca

Registered Disability Savings Plan (RDSP)

A savings plan intended to help parents and others save for the long-term financial security of a person eligible for the Disability Tax Credit. If you qualify, there are two contributions made by the government:

Canada Disability Savings Bond

The bond is an amount paid by the Government of Canada directly into an RDSP. The Government will pay bonds of up to \$1,000 a year to low-income Canadians with disabilities.

No contributions have to be made to get the bond. The lifetime bond limit is \$20,000. A bond can be paid into an RDSP until the year in which the beneficiary turns 49.

Canada Disability Savings Grant

The grant is an amount that the Government of Canada pays into an RDSP. The Government will pay matching grants of 300%, 200%, or 100%, depending on the beneficiary's adjusted family net income and the amount contributed.

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html>

Canada Revenue Agency (CRA) – Free Tax Clinics

The CRA's Community Volunteer Income Tax Program partners with community organizations and libraries across Nova Scotia to offer free tax clinics for those with a modest income and a simple tax situation. Typically available in March and April.

To find a local tax clinic, visit:

www.canada.ca/en/revenue-agency/campaigns/free-tax-help

Province of Nova Scotia – Financial Support

Disability Support Program (DSP)

Assists persons in need under the mandate of the Social Assistance Act. It provides support to children, youth and adults with disabilities through residential and at-home support programs.

DSP Support Options range from supporting families who care for a family member with a disability in their own home to helping people with disabilities in a 24-hour residential support option.

To learn more about Income Assistance eligibility from the Department of Community Services:

1-877-424-1177

https://novascotia.ca/coms/employment/income_assistance/HowtoApply.html

Also, see the next section on **Housing**.

Essential programs offered by the Department of Community Services include:

Alternative Family Support Program (AFS)

Supports persons with disabilities in an approved, private family home. The program provides a family-like setting for individuals who may require varying support and supervision levels, who may prefer living with a family, and who will benefit from the additional support a family environment can provide.

Flex Individualized Funding Program (Flex)

Flex provides individualized funding to participants living at home with their families or who live independently with support from their families or personal support networks.

A full list of disability programs under DCS is available here:

www.novascotia.ca/coms/disabilities/index.html

For telephone numbers of your local DCS office, call 1-877-424-1177 or visit:

www.novascotia.ca/coms/departement/contact/index.html

Essential Programs offered by Continuing Care include:

Supportive Care

The Supportive Care Program supports eligible Nova Scotians with cognitive impairments (difficulty thinking, concentrating, remembering, etc.) by providing them up to \$1,000/month for Home Support Services (personal care, respite, meal preparation and household chores). Under this program, people may also be eligible to receive reimbursement for snow removal services up to \$495/year.

For eligibility and to apply:

1-800-225-7225

www.novascotia.ca/dhw/ccs/supportive-care.asp

Personal Alert Assistance Program

The province has expanded the personal alert assistance program to support more people in their homes. Funding is available for low-income Nova Scotians who are 19 years of age or older and diagnosed with an acquired brain injury to access personal alert devices. These devices connect the user to 911 with the push of a button in an emergency. Those who qualify for the assistance program will receive \$480 a year to cover the personal alert device's cost.

1-800-225-7225

www.novascotia.ca/dhw/ccs/personal-alert-service.asp

A full list of programs and services offered by Continuing Care can be found by calling 1-800-225-7225 or by visiting:

www.novascotia.ca/dhw/ccs/

Also, see the next section on **Housing**.

MedicAlert

MedicAlert has partnered with Brain Injury Canada to help keep your loved one safe in an emergency with coverage at a reduced cost. MedicAlert is designed to help emergency responders and police identify the symptoms of brain injury quickly – and respond with timely and customized care.

Reference offer code "BIC2018N" when signing up online or by calling 1-866-696-0672

www.medicalert.ca/braininjury

Note: If you require MedicAlert, but coverage is cost-prohibitive in your situation, you may be eligible for MedicAlert's Membership Assistance Program.

Visit www.medicalert.ca or call 1-800-668-1507 for more information.

Drug/Prescription Costs

The province has various programs to help Nova Scotians pay for prescribed medications and supplies listed in the Nova Scotia Formulary.

To obtain more information:

902-429-6565 or 1-800-544-6191

www.nspharmacare.ca

Housing

Department of Health & Wellness (DHW)

Continuing Care – Long-Term Care

Long-term care facilities licensed and funded by the Department of Health and Wellness provide services for people who need ongoing care, either on a long-term basis (permanent placement) or short-term (respite care). There are two types of long-term care facilities available, nursing homes and residential care facilities. A provincial directory is available here:
<https://novascotia.ca/dhw/ccs/documents/Nursing-Homes-and-Residential-Care-Directories.pdf>

To our knowledge, at the time of printing, Peter's Place is currently the only ABI-specific Continuing Care residential care facility in Nova Scotia. Continuing Care manages admissions.

1-800-225-7225

www.novascotia.ca/dhw/ccs/

Peter's Place

Provides cognitive and physical rehabilitation for individuals with an acquired brain injury with two residential locations in Halifax and South Shore.

www.petersplace.ca

902-444-3639 (Halifax)

902-688-1575 (Bridgewater)

Continuing Care also offers long-term or short-term home and community care.

Department of Community Services (DCS)

Licensed homes for special care across the province fall under the Disability Support Program (DSP) and include Small Options Homes, Group Homes/Developmental Residences, Residential Care Facilities, Adult Residential Centres and Regional Rehabilitation Centres. To our knowledge, at the time of printing, there are no options available specifically for clients with acquired brain injuries, although some licensed homes include residents with ABI. Local DCS offices manage all admissions. For your local telephone number, call 1-877-424-1177 or visit:

www.novascotia.ca/coms/departement/contact/index.html

Disability Support Program - Independent Living Support

Provides supports and services to individuals with disabilities who require minimum support to live independently in their apartment or home.

1-877-424-1177

www.novascotia.ca/coms/disabilities/IndependentLiving.html

Housing Nova Scotia

Disabled Residential Rehabilitation Assistance Program for Homeowners (OR Landlords)

Provides financial assistance to people (or landlords) who can't afford to make their homes more accessible for persons (or residents) with disabilities.

1-844-424-5110

<https://housing.novascotia.ca/programs/housing-programs-persons-disabilities/disabled-residential-rehabilitation-assistance>

Independent Living Nova Scotia (ILNS)

Supports Nova Scotians with disabilities through programs and services that promote independent living, enabling individuals to live the way they want, stay in control of decisions that affect them, break through barriers that are in the way and develop their skills.

902-453-0004 or 1-877-310-4567

www.ilns.ca



Affordable Housing Solutions

Many people with brain injuries can struggle with finding (and retaining) affordable housing.

Beyond programs for people with disabilities that fall primarily under the Department of Community Services (see above), Housing Nova Scotia also offers programs to help lower-income households rent and maintain safe and affordable housing. For homeowners, grants and loans may be possible for home repairs and additions. Mortgage funds and grants to help purchase or build modest houses may also be an option.

For a comprehensive list of provincial housing options for lower-income Nova Scotians, call 211 or visit:

https://novascotia.ca/coms/housing/documents/Housing_Options_Brochure.pdf

<https://housing.novascotia.ca/programs-and-services>

Emergency/Shelter

If you are in immediate danger, please call 911.

If you are not in immediate danger but need help or information about emergency shelter, safety planning and available resources in the context of intimate partner violence, call the 24-hour toll-free line at 1-855-225-0220.

Most shelters have Housing Support Workers who can help you with the next steps in securing appropriate housing.

If your housing situation does not require emergency shelter, the best place to start is to directly reach out to your local Housing Authority. Call 211 or visit <https://housing.novascotia.ca/housing-authorities> for contact details.

From there, you will be referred to a local Housing Support Worker. In HRM, you may also self-refer to:

Welcome Housing and Support Services

Housing Support Workers help individuals in the Halifax and Dartmouth area secure housing, including assistance with completing apartment application forms, sending paperwork to agencies and communicating with landlords.

Intensive Case Managers work with clients who may need more help for longer. They can help clients set and meet goals, learn new skills and support healthy choices about their health and mental health.

902-423-5479

www.welcomehousing.ca

Several non-profit organizations may help as well, depending on your circumstances and where you are located. These may include:

Immigrant Services Association of Nova Scotia (ISANS)

Offers a Resettlement Assistance Program that works closely with landlords towards affordable housing and better access to immigrants' culturally sensitive services.

902-423-3607 or 1-866-431-6472

www.isans.ca

Mi'kmaw Native Friendship Centre

Offers housing services to Indigenous people experiencing homelessness, housing insecurity, or eviction in the HRM area.

902-420-1576

www.mymnfc.com

Native Council of Nova Scotia

Offers programs to address housing concerns, including the Rural Aboriginal Homelessness Program, which assists rural off-reserve Aboriginal Peoples who are homeless or at risk for homelessness that currently reside in rural areas of Nova Scotia. The Rural and Native Housing Group offer a Residential Rehabilitation Assistance Program and Emergency Repair Program for Aboriginal homeowners.

902-354-2751 or 1-800-565-4372

<http://ncns.ca>

Tawaak Housing Association

A private non-profit housing corporation that owns, operates and delivers socially assisted rental housing in six urban areas of Nova Scotia.

902-455-2900

<https://tawaakhousing.org>

Wellness/Leisure

Wellness Navigation

Navigators are health care professionals who know health care, community and government systems. Navigators work with adults, children, youth and families to find the right resource for you. This service is available to those living in the greater Halifax area. Call 902-460-4560 or email cht@nshealth.ca for more information on one of their four locations:

Bedford / Sackville Community Health Team

Bedford Place Mall
1658 Bedford Highway
Bedford, NS
B4A 2X9

Chebucto Community Health Team

16 Dentith Road
Halifax, NS
B3R 2H9

Dartmouth Community Health Team

Tacoma Plaza
58 Tacoma Drive
Dartmouth, NS
B2W 3E5

Halifax Peninsula Community Health Team

Young Tower
6080 Young Street, Suite 105
Halifax, NS
B3K 5L2

Community Health Teams also offer free wellness programs.
For more information, visit: www.HealthyNS.ca

Nova Scotia Health

Offers **Your Way to Wellness**, a free program that helps people with chronic conditions (and their caregivers) overcome daily challenges, take action and live a healthy life. (Province-wide)
1-888-672-3444
www.nshealth.ca/content/your-way-wellness

Acadia University's SMILE Program

The SMILE (Sensory Motor Instructional Leadership Experience) program provides persons with varying disabilities a unique physical activity experience to improve their total development. Free.
902-585-1477 (Wolfville)
<https://smile.acadiau.ca/home.html>

Alexander Society for Inclusive Arts

Provides inclusive, integrated arts programs for children, teens and adults with special needs—minimal fees with subsidies available.
902-582-3888 (Wolfville)
www.alexandersociety.org

Aphasia Nova Scotia

Offers monthly Expressive Cafés across Nova Scotia and other programs such as a 'Health Choir, Singing for Talking' with Antonia Pigot, Neurologic Music Therapist.
902-445-4960
www.aphasianovascotia.ca

Brain Injury Association of Nova Scotia

Offers regular peer support and subsidized programming for brain injury survivors, families and caregivers, including **yoga, meditation, music therapy, weekly Coffee Chats, Support the Supporter caregiver series, and Concussion Café**, as well as joint programs in collaboration with Peter's Place at the ABI Drop-In Centre. Learn more about local Chapters and programming as well as special workshops and training offered across the province.
902-422-5000 or 1-833-452-7246
www.braininjuryns.com

Brain Tumour Peer Support Group

Formerly the Halifax Support Group, the Atlantic Virtual Support Group meets the second Thursday of each month from 6:30 – 8 p.m. For registration details:

1-800-265-5106

www.braintumour.ca

Club Inclusion

Provides social, cultural and recreational programs accessible to all people with disabilities to enrich lives by building friendships, community, and success. Reduced rates and bursaries are available. (HRM)

902-401-5938

www.theclubinclusion.com

Concussion Nova Scotia

Concussion Nova Scotia is a group of healthcare professionals working to develop, adapt and implement guidelines and resources to assist with the diagnosis, education and management of individuals with concussion/mild Traumatic Brain Injury in Nova Scotia.

www.concussionns.com

Epilepsy Association of the Maritimes

Provides epilepsy awareness and seizure first aid education for schools, first responders, employers, community groups, residential facilities, etc.

Offers advocacy, service navigation and peer support groups. In-person and virtual programs include art therapy, life skills, healthy living and meditation. All services are free.

902-429-2633 or 1-866-EPILEPSY (374-5377)

www.epilepsymaritimes.org

Heart and Stroke Foundation

Offers two national online peer support options through members-only Facebook groups – Community of Survivors and Care Supporters' Community – as well as a monthly e-newsletter, Community Connect.

902-423-7530 or 1-800-423-4432

www.heartandstroke.ca

March of Dimes

Offers several community programs to connect stroke and ABI survivors with a network of support to reclaim their independence, sense of community and ability to thrive.

At the time of printing, the following programs are offered virtually at no cost across Nova Scotia. However, in-person programs, when available, are limited to Halifax only.

- Conductive Education® (CE)
- PERK
- Graded Repetitive Supplementary Program (GRASP)
- Exercise program based on TIME principles
- Social Connect
- (See website for a list of Stroke Clubs by province.)

902-219-0970

www.marchofdimes.ca

Peter's Place – Brain Injury Recovery Centre

Purpose-built community space for the brain injury community with 1,000 square feet for a Community Rehabilitation Program plus a new ABI drop-in centre that encourages participants to develop leisure lifestyle skills, broaden their community awareness, improve self-esteem and develop social relationships.

The Brain Injury Association of Nova Scotia operates their Metro Community HUB out of the same location and partners to offer joint programming. (HRM)

902-481-0049

www.petersplace.ca

Tea & Tango

Offers a social dance program for people with neurological conditions, including acquired brain injuries. Pay what you can option available. (HRM)

902-476-1508

www.teaandtango.com

VON Canada

A national, not-for-profit, charitable home and community care organization with several programs in Nova Scotia. Costs vary.
1-888-866-2273
www.von.ca

YMCA – Abilities in Motion (AIM)

In partnership with the NSHA, AIM provides a supportive and fully inclusive environment for individuals with mobility concerns to pursue fitness as a means of maintaining a healthy lifestyle and as part of their rehabilitation efforts.

One-on-one support is provided by YMCA staff and volunteers. Access to the Grace Hansen Therapeutic Pool is included in the fee.

\$34.50/month or a \$5/class punch card. (HRM)

902-422- 9622 x4385

www.ymcahfx.ca

Yoga for Acquired Brain Injury

Brain injury survivors who participate in yoga classes report improved sleep, improved energy, decreased anxiety and depression, and feeling calmer and more hopeful. Yoga and meditation can reduce anxiety and increase the mind-body connection when recovering from a brain injury.

Brain Injury NS offers in-person, online, and on-demand options for those wishing to explore the practice of yoga. (HRM)

902-422-5000 or 1-833-452-7246

www.braininjuryns.com

LoveYourBrain Yoga

Offers a free six-week yoga and meditation program intentionally developed for people with TBI and caregivers. Available four times/year in January, April, July and October at Shanti Hot Yoga Studio. Registration is required. (HRM)

www.loveyourbrain.com/yoga/ns



Vocational/Employment

Aboriginal Peoples Training & Employment Commission (APTEC)

APTEC is the employment and training division of the Native Council of Nova Scotia established to provide human resource development services to the rural, urban, off-reserve Mi'kmaq / Aboriginal Peoples of Nova Scotia.

902-895-1523 or 1-800-565-4372

<http://ncns.ca>

Immigrant Services Association of Nova Scotia (ISANS)

Offers employment guidance through programs and services that support new immigrants.

902-423-3607 or 1-866-431-6472

www.isans.ca

Mi'kmaq Employment Training Secretariat (METS)

METS is a not-for-profit organization funded by Service Canada to offer employment and training programming to all 13 First Nation Communities in Nova Scotia and the Mi'kmaq Native Friendship Centre.

902-405-8963

www.mets.ca

Neil Squire

Offers Working Together with Employers and Enhancing Employment program (as well as companion programs Makers Making Change and Computer Comfort) across Nova Scotia virtually or from offices in New Glasgow and Halifax.

902-240-1538 or 1-877-673-4636

www.neilsquire.ca

Nova Scotia Works Employment Services

Offers employment services and support through four organizations across the province: Job Junction, Opportunity Place, TEAM Work and YMCA Employment Centres. While not specific to clients with ABI, some – like TEAM Work – have experience working with employers to accommodate disabilities and particular programs and funding. For a comprehensive list of local Nova Scotia Works offices across the province:

www.novascotiaworks.ca

reachAbility Association

Offers various self-management and employment programs for people facing barriers.

902-429-5878 or 1-866-429-5878

www.reachability.org

Tetra Society

Recruits volunteers to work with clients to design/build assistive devices that affect a person's ability to live independently due to obstacles in their environment. Email is best: halifaxns@tetrasociety.org

www.tetrasociety.org

A Note on Social Enterprises

Several social enterprises across the province offer our brain injury community opportunities, such as Easter Seals' New Leaf Cafés and YACRO's The Store Next Door, for example. For more detailed information and a map of local social enterprise opportunities, visit the Social Enterprise Network of Nova Scotia's website.

www.senns.ca



Legal Services

Coverdale Courtwork Society

A non-profit organization that supports women, girls and trans persons affected by the criminal justice system in provincial and federal courts, prisons and the community. (HRM)

902-422-6417

<https://www.coverdale.ca>

Dalhousie Legal Aid

Legal services for economically vulnerable Nova Scotians.

902-423-8105

www.dal.ca/faculty/law/dlas.html

Pro Bono Dalhousie @Schulich Law also partners with community organizations on annual projects, including form-filling clinics, etc.

Elizabeth Fry Society

Supports women in conflict with the law (or perceived to be) through education, advocacy, housing, employment and emotional support.

902-454-5041 (Mainland Nova Scotia)

www.efrymns.ca

902-539-6165 (Cape Breton)

www.efrycb.com

The John Howard Society of Nova Scotia

Programs and services in the Halifax, Central and North Eastern regions of the province.

Of note is their Aftercare Services available in the Halifax region, which offers information and referral support to individuals who have conflicted with the law.

902-429-6429

www.ns.johnhoward.ca

Legal Aid Nova Scotia

For a complete list of local Legal Aid offices across Nova Scotia:

902-420-6578

<https://www.nslegalaid.ca/legal-aid-offices/>

Legal Information Society of Nova Scotia (LISNS)

Legal information with referral to community resources, including lawyers.

902-455-3135 or 1-800-665-9779

www.legalinfo.org

Mi'kmaw Legal Support Network

Provides legal support services and victim support services to Aboriginal people through programs such as the Mi'kmaw Court Worker program and the Mi'kmaw Customary Law program.

902-468-0381 or 1-877-379-2042

Mi'kmaw Native Friendship Centre (HRM)

Offers a victim support navigator program, a supportive resource for indigenous and non-indigenous people in the Halifax area.

902-420-1576

www.mymnfc.com

reachAbility Association

Legal referral office that offers clients a free one-hour legal consultation.

902-429-5878 or 1-866-429-5878

www.reachability.org

Notes

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BRAIN INJURY
CANADA

LÉSION CÉRÉBRALE
CANADA

An excellent resource for brain injury survivors,
caregivers/families and health care professionals.
www.braininjurycanada.ca



Metro Community HUB
3-615 Windmill Road
Dartmouth, NS
B3B 1B6

NeuroCommons
Unit 0290, Bedford Place Mall
1658 Bedford Highway
Bedford, NS
B4A 2X9

902-422-5000 or 1-833-452-7246
www.braininjuryns.com