

FOSTERING RESILIENCE, RECOVERY, & COMMUNITY

FOR BRAIN INJURY SURVIVORS AND THEIR FAMILIES
ACROSS NOVA SCOTIA

- Brain Injury is the largest disability group in the province, affecting 70,000+ Nova Scotians, which is more than those suffering from breast cancer, HIV/AIDS, spinal cord injury, and multiple sclerosis combined.
- Brain Injury is the leading killer and disabler of people under 40.
- ~1/3 of children will sustain a significant concussion before finishing high school.
- There are ~17,000 new brain injuries annually in Nova Scotia.
- The majority of mild traumatic brain injuries (concussions) are NOT sports related and happen doing everyday things.
- Up to 50% of the homeless population in Nova Scotia have an acquired brain injury.
- The effects of Brain Injury extend to those living with and caring for people with brain injuries.

Nova Scotia's brain injury population is a critically underserved group. Though things are improving, there are still too few appropriate publicly-funded services and supports specific to brain injury.

As the only organized voice for the brain injury community in Nova Scotia, we are committed to building a community of support for brain injuries through programs, education, resources, and tireless advocacy for better supports and services for brain injuries across Nova Scotia.

**Brain injury can happen anytime, anywhere, to anyone.
In a moment, a life is changed forever.**

If someone impacted by a brain injury is not provided with the proper recovery & community supports, poorer outcomes result over a lifetime, which is a tremendous loss of potential. Appropriate recovery, care, and supports can lead to successful return to life, work, and leisure after a brain injury.

In the past 5 years, the Brain Injury Association of Nova Scotia:

- Co-chaired the "*Realizing Potential: Acquired Brain Injury Strategy Project*" commissioned by the Department of Health and Wellness, leading to milestone public funding for various projects **to build the foundations of a true continuum of care, supports, and services.**
- **Collaboration & stewardship role on all projects** associated with this funding with the IWK, NSHA, Peter's Place, Strongest Families Institute.
- **Opened NS' first purpose-built community space** for brain injury survivors and their families.
- Increased the size of our community/membership **by more than 1,000%**
- **Enhanced programming and education for brain injury survivors, their families, & care providers** across the province. Including the LoveYourBrain Yoga Program, Neurorehabilitation Training, & Caregiver Support Training.
- Hosted the groundbreaking **Concussion Roundtable series to pull together multiple sectors** to build consensus on best practices, identify gaps in existing care, and improve access to evidence-based care.

For more information, visit:
www.BrainInjuryNS.com