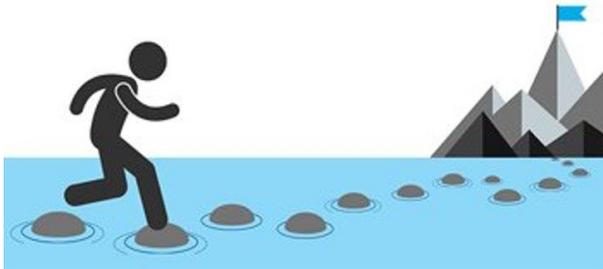


City of Ottawa ABI/Post Stroke Programs

Therapeutic Recreation Day Program
for Adults with Acquired Brain Injuries or Post Stroke



Hours of program:

Mondays, Tuesdays, and Thursdays
9:00am – 3:00pm

Bob MacQuarrie Recreation Complex
1490 Youville Drive Orleans, Ontario
K1C 2X8

The City of Ottawa and Ontario Health East, offer this Therapeutic Recreation Day program for individuals with acquired brain injuries (ABI).

The program is designed for individuals who have been discharged from inpatient rehabilitation and wanting to continue their rehabilitation journey.

Eligibility Criteria

Eligible conditions are a result of damage to the brain, caused by a traumatic or non-traumatic event and is not related to a congenital or degenerative disease. Falls, motor vehicle accident, stroke, aneurysm, tumour, or exposure to toxins and infections of the brain are some common causes of acquired brain injury.

Participants must be independent for personal care. In some cases, participants may provide their own support worker.

-An assessment is required prior to registration.

How to register

Please contact the Program Administrator:

613-807-1077

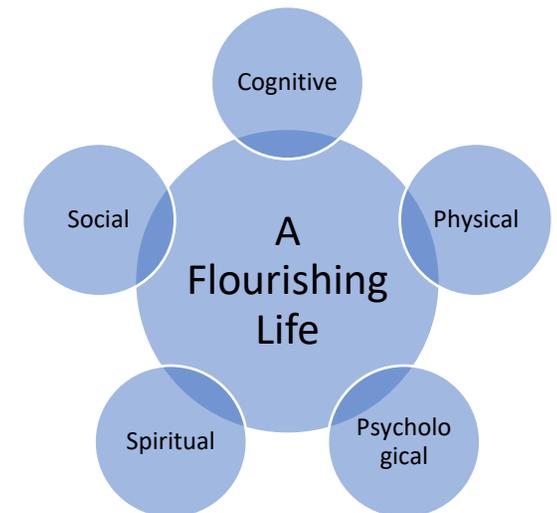
Or

Katie Jacobson-Lang, Coordinator
Therapeutic Recreation and
Health Programs

613-580-2424 ext 29320

Katie.jacobsonlang@ottawa.ca

Cost: Pro-Rated on start date – program runs from August to June
Subsidy is available for those who qualify.



Program Objectives

The program uses a holistic approach to an individual's recovery with the ultimate goal of improved independence, well-being and quality of life.

Participants work to improve functional abilities required for independent leisure participation and community integration.

Individualized and meaningful goals are created collaboratively, based on initial and ongoing personal assessment.

Programming is delivered in a group format.

Program Activities

Specialized land-based fitness and/or aqua fitness classes. Physical activities are designed and adapted for the needs of participants. Individuals work to improve strength, endurance, and balance.

Cognitive activities including logic, decision making, problem-solving, short-term memory, working memory and attention span activities.

Leisure education activities including leisure awareness, social interaction skills and leisure resources.

Opportunities to try new adapted recreation activities.

Nutrition and healthy lifestyle activities.

*Please note not all activities are offered on all days