



Program Objectives

- The program uses a holistic approach to an individual's recovery with the 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.

6

Discharge

Transitioning with sustained leisure engagement.

5

Community Integration

Applying skills in real-world settings.

4

Skill Development

Building competencies for leisure participation and community integration.

3

Leisure Education

Leisure opportunities and benefits.

2

Goal Setting

Collaboratively define meaningful goals.
(Physical, Cognitive, Emotional, Social, Leisure)

1

Initial Assessment

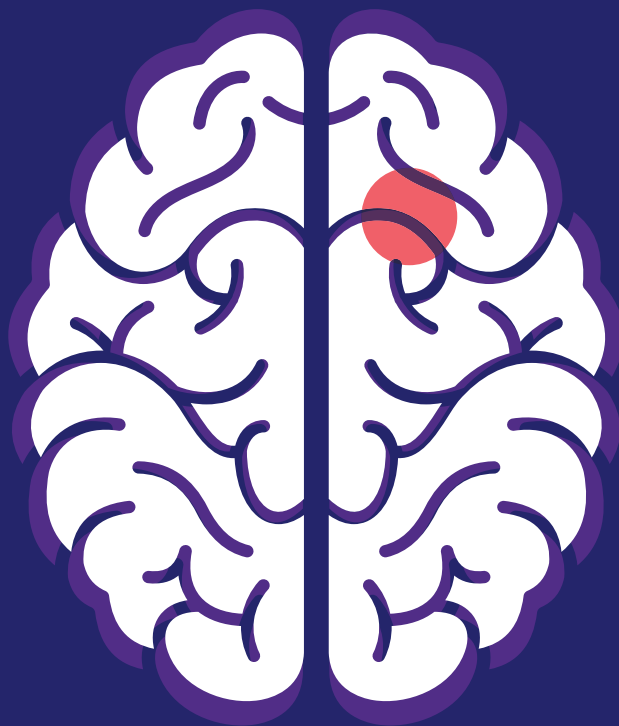
Understanding the individual's needs and interests.

*Participants attend ABI programs for up to 3 years.



City of Ottawa Acquired Brain Injury / Post Stroke and LINK Programs

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



ottawa.ca 3-1-1
TTY • ATS 613-580-2401

202503-05

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

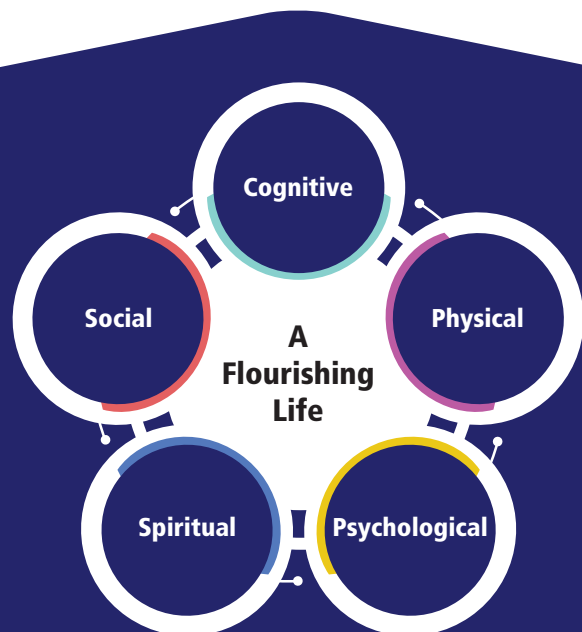
The program is designed for individuals who have been discharged from inpatient rehabilitation and wanting to continue their rehabilitation journey.

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 to identify which program would best fit the need.



Program Activities

Each program offers a unique array of activities, and may include: 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, mobility, endurance, and balance.



Cognitive activities

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



Leisure education activities

These include exploring personally meaningful activities, leisure awareness, social interaction skills, introduce to personal and community based leisure resources, positive opportunities to try new adapted recreation activities, and nutrition and healthy lifestyle activities.

*Please note not all activities are offered on all days.



How to register

All program referrals are received from Ontario Health East. Please contact the Program Administrator for more information: 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.



Acquired Brain Injury/Post Stroke Program
Hours of program: 9 am-3 pm
Bob MacQuarrie Recreation Complex
1490 Youville Drive

LINK Programs

Hours of program: 9:30 am-2 pm
172 Guigues Avenue

