



FOR MORE INFORMATION



**450 Westheights Drive, Unit 18A
Kitchener, ON N2N 2B9
(P) (519) 579.5300
www.biaww.com/programs
(Care to Share)**

IN PARTNERSHIP



FUNDED BY



My husband has an acquired brain injury and I have been his full time caregiver for a long time. The "CARE TO SHARE" support group offered by the Brain Injury Association of Waterloo-Wellington has proved to be an invaluable help for me. I have met many others, spouses and parents caring for their loved ones with brain injuries and it's made me realize that I'm not alone. There are many others that understand what it's like to be in this role.

We have shared our stories, we have laughed and cried together and a few of us have become firm friends. The facilitators are certainly knowledgeable, insightful and empathetic.

~Anonymous



Care to Share
ABI Caregiver Group

A program for people caring for family members and friends of acquired brain injury survivors.

A caregiver is anyone who provides unpaid care and support at home, in the community or in a care facility to a survivor of acquired brain injury.



Brain injuries change the lives of everyone involved:

- ◆ Are you caring for a loved one with an acquired brain injury?
- ◆ Do you feel stressed and exhausted?
- ◆ Are you looking for new skills, knowledge and guidance to help you?
- ◆ Would you enjoy interacting with other caregivers and ABI professionals in a supportive environment?

If you have answered yes to any of the above questions than this program is for you.

I had a lot of guilt when I first came to the group. Attending this group has helped me to feel less guilty and to pay more attention to my own needs, which then helps me take better care of my child. This program helps you understand that you are not in this journey alone.

~Anonymous

Why attend the “Care To Share” - ABI Caregiver Group?

Support groups are not for everyone. Some people like the companionship of a group while others prefer to find information by reading or searching the web. Care to Share offers an opportunity to make social connections, and share ideas, issues and worries. It also provides caregivers some information and skills to cope with the losses they experience after a loved one has had a brain injury. Doors open in the most surprising places. Joining Care to Share brings with it the opportunity for expanding your knowledge, skills, and a circle of care.

Some essential elements that are discussed at Care To Share.

- ◆ TAKING CARE OF YOURSELF
- ◆ STRESS MANAGEMENT
- ◆ CHANGING FAMILY ROLES & FAMILY DYNAMICS
- ◆ MANAGING STRESS AND EMOTION
- ◆ EFFECTIVE COMMUNICATION SKILLS

REFERRAL FORM (Please fill out and mail to address on the back of this brochure).

REFERRAL SOURCE

- ABI Consultation Service
- BIAWW
- Traverse Independence
- Hospital_____
- Other_____
- CCAC
- Family
- Self Referral

CONTACT INFORMATION (please print clearly)

Name:_____

Address:_____

City:_____ Postal Code:_____

Main Phone Number:_____

Email Address:_____

Who has the Acquired Brain Injury

- Husband
- Wife
- Child
- Sibling
- Parent
- Friend

Group Location Desired

- Waterloo Region
- Wellington County

If we are currently in session do you want to be put on the waitlist

- Yes
- No

Have you attended a Care to Share ABI Support Group before

- Yes
- No

Section for BIAWW - Do Not Fill Out

Referral Date:_____ Session Start Date:_____

Attending Session: Yes No

Information sent to group facilitator

- Yes
- No



To give support, hope and answers to survivors of acquired brain injury.