

***SKILLS FOR SURVIVING EVERYDAY LIFE
PIERREFONDS, QUEBEC – JULY 13-15, 2007***

Keynote & Plenary Information

Saturday, July 14, 2007

Plenary Session: Chapel

9:00AM

Keynote: The Honorable Hedy Fry – Critic for Sport and the Vancouver Olympics

Dr. Hedy Fry was first elected Member of Parliament for Vancouver Centre in 1993. She was re-elected in 1997, 2000, 2004 and 2006. Ms. Fry is the Critic for Sport and the Vancouver Olympics.

Over the past decade, Hedy Fry has served her government and constituents in a number of capacities. For six years, she was Secretary of State for the Status of Women and Multiculturalism, and a sitting member of Cabinet committees including social union, voluntary initiative, homelessness, and modernization of benefits for same-sex couples.

During the last session of Parliament, Hedy Fry served as Parliamentary Secretary to the Minister of Citizenship and Immigration with a Special Emphasis on Foreign Credentials. She also served on committees pertaining to citizenship, health, justice and human rights, and social development.

Her priorities include tourism and the burgeoning film industry, promoting our diversity of cultures and peoples, and ensuring the sustainability and empowerment of our expanding urban centers. She is also focused on small business and niche markets (especially regarding the untapped potential of women), science and technology, promoting investment and partnerships in opening up unexploited markets (such as nano- and medical biotechnology) and allowing Canada to become a world leader.

Prior to her federal election, Hedy Fry was an active member of both the British Columbia and Canadian Medical Associations. She served in numerous capacities including as president, committee chair, and chief negotiator.

Hedy Fry lives in Vancouver and has three adult children.

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9:45AM

Keynote Doctor Donna Ouchterlony – St. Michael's Hospital

Donna Ouchterlony started the first Neuro-rehabilitation Unit in Toronto and was the director of this for 29 years. Dr. Ouchterlony currently concentrates on Mild Head Injury. She has been the Director of the St. Michael's Hospital Head Injury Clinic for the past 7 years. Prior to

that, she was the Co-Director of the Head Injury Clinic at Sunnybrook Hospital and Women's College Health Science Centre. She also acts as a consultant at the Neurology Clinic at the Toronto Rehabilitation Institute. With colleagues, Dr. Ouchterlony has developed protocols be used as assessment tools for some of the physical symptoms associated with MTBI. She has presented on topics related to MTBI throughout Canada and has recently published a chapter in a book about outcome following MTBI.

Saturday, July 14, 2007

Breakdown Session:

11:00AM

Stream A: **Patrick Hirschi** - Rebuilding Successful Relationships after Brain Injury

Patrick Hirschi is a Clinical Social Worker who has worked in the Adult Brain Injury Rehabilitation Program at the Glenrose Rehabilitation Hospital in Edmonton, Alberta since 1990. During that time, a major focus of his work has been group counseling with brain injury survivors. These groups concentrate on education about brain injury, grief and loss, changes to roles and relationships, and finding new meaning in life after brain injury. Patrick has been on the Board of the Northern Alberta Brain Injury Society for over 15 years and is currently President of the Board.

Saturday, July 14, 2007

Breakdown Session:

11:00AM

Stream B: - **Jo-Anne Aubut** - Community Reintegration Following Acquired Brain Injury

Jo-Anne is a researcher from the Lawson Health Research Institute, St. Joseph's Health Care London, Parkwood Hospital, based in London, Ontario. She is part of a team of researchers who are currently working on the third edition of the Evidence-Based Review of Acquired Brain Injury. She has also worked on a similar evidence-based review of the literature on spinal cord injury.

Saturday, July 14, 2007

Breakdown Session:

11:00AM

Stream C: The Alberta Brain Injury Initiative: Making Connections. A Community- based, collaborative model of service delivery, support and resource provision.

Rich Guthrie - Bachelor of Social Work- Ministry of Seniors and Community Supports, Alberta Brain Injury Initiative. Rick Guthrie is a native-born Edmontonian. He received his degree in Social Work from the University of Alberta and has a long career working in the Brain Injury Community.

Margaret Conquest - Contract specialist and has a Masters of Science and Health Promotion from U of A. - In 2001, the Alberta Brain Injury Initiative (ABII) was implemented to respond to the needs of adults with an acquired brain injury across the

province. ABII aims to help individuals with acquired brain injury maintain an optimal quality of life, by providing province-wide, community-based service coordination. The activities of ABII focus on addressing the needs of adults with acquired brain injury, while developing relationships with all who are engaged in their community.

This collaboration gives brain injury survivors, caregivers/families, and professionals, access to coordinated services under a “network” of linked regional agencies known as the Alberta Brain Injury Network (ABIN). These contracted community agencies are located in six regions (based on Persons with Developmental Disabilities (PDD) boundaries throughout Alberta.

Other services, agencies, and activities that are supported by the ABII are:

- Supports for Community Living Services (SCLS)
- The Provincial Training Framework
- The Brain Injury Conference
- The survival guide and other publications
- Community Inclusion Activities
- Community Networking Processes (CNP)
- The Assured Income for the Severely
- Handicapped (AISH) Benefits
- Administration Program
- Alberta Brain Injury Awareness Week

Saturday, July 14, 2007

Breakdown Session: Chapel

1:00PM-3:00 PM

Survivor Forum - **George Kapetanakis- Facilitator** –

George is the Executive Director of Networks Activity Centre Society of Alberta. An organization, which provides social and recreation activities out of a facility-based program during the day and into a lesser extend in the community in the evening. He has been involved with the brain injury community for the last 4 years.

George has earned a degree in Psychology and Anthropology and is working toward the completion of a degree in Business Administration. George has lived and traveled extensively throughout the Maritimes, Ontario and for the last 7 years in the wild rose Alberta. George’s other interests revolve around outdoor recreation activities.

Sarah Briggs – Survivor Forum Panel Member

Sarah J. Briggs was born in Scarborough, ON, currently lives in Mississauga, ON, and grew up in Toronto, Ontario. She was adopted as a three to six month old baby to a very generous, loving family. Sarah attended the National Ski Academy in Collingwood, ON for her last three years of high school in order to ski race at the same time as maintaining an education. On February 17, 1992, aged 17, she lost a close friend to a ski race in Collingwood, and two

years later on January 13, 1994, she had her own significant physical trauma in a downhill ski race, in Quebec. Sarah has a Bachelor of Kinesiology earned from the University of Calgary, between 1994- 2000. Since graduating from university, she has taught skiing, landscaped, performed various childcare duties, and worked in a deli. In the fall of 2001, while attending Queen's University for Teacher's College, almost eight years post injury was the first mention of brain injury as a possible consequence of her crash.

Since then, Sarah has attended courses through the Ontario Brain Injury Association, conferences and meetings to learn as much as possible about the subject. Finally, between June and September 2006 she was able to receive a more accurate diagnosis approximately 12 ½-13 years post injury.

Currently, I am unemployed and participating in my first rehabilitation program at Bridgepoint Health, in Toronto. I tentatively plan to attend George Brown College, Toronto, ON, in September 2007 for a program called "Autism & Behavioral Science". Sarah will be a presenter on the panel of the Survivor's Forum.

Craig Dunn - Survivor Forum Panel Member - When the high speed car crash occurred on April 26th, 1992, Craig was in a coma for 14 days, spent 2 months in the Ottawa Civic Hospital and another 2 ½ months in the Nova Scotia Rehab. He was diagnosed a 3 on the Glasgow coma scale

After not being able to handle a High School math class at age 24, Craig, eventually passed two University courses in one term and two College courses taken in another term. After his accident, Craig made athletic achievements, both locally and provincially both in golf and badminton, receiving medals in levels C, B and A. He captured the inaugural tennis doubles tournament title in Gander and was the singles champion among the four coaches. In the first two Brain Injury golf tournaments for Newfoundland and Labrador, Craig was the only brain injured participant both years and finished 2nd and 1st! Not only did he succeed with his athletic skills, he now also works at the newly formed Gander Community Tennis Club as a coach.

Craig and Marlie (spouse) share a home and life is slowly returning to normal.

Steve Harrison - Survivor Forum Panel Member - Stephen was an athletic, 19 year old college student on his way home from community college when he was involved in a serious car accident. He sustained a severe brain injury and broken vertebrae in his back which required major surgery. He spent seven weeks in intensive care at the St. John Regional Hospital fighting for his life. Despite the odds, and after nearly a year of difficult rehab at the Stan Cassidy Centre for Rehabilitation, Stephen is again walking and talking, two things his

doctors had thought he would be able to do again. Now 23 years old, Stephen is living at home with his father, taking courses at the local community college with the help of a care worker and is working towards the goal of living independently. Some old dreams have unravelled, and great challenges remain. But there are new dreams to be found, there is hope, and Stephen continues to demonstrate a courage that will not accept defeat.

Ian Young - Survivor Forum Panel Member - His name is Ian Young, a 43 year old survivor living with acquired brain injury since May 25, 2004. Ian suffered a stroke due to a viral infection that grew lesions on his cerebellum in Calgary, Alberta. His family in Edmonton demanded he be transferred back to his home town as they were told the outlook was not good, actually survival was a matter of months. He was then put into long term care for 5 months with dementia, alzheimer's and elderly patients with no rehabilitation or support, until he entered the Glenrose Rehabilitation Hospital under the care of Dr. Julianna Nagy. Other than a release back to long term care, the advocacy, persistence of his Glenrose Team got him out in the community and he's never stopped surviving. His injury was sustained by a rare disorder that usually strikes people with MS, genetic, or low immune disorders. The JC Virus which all humans have, exlated till it damaged the mylen sheath. He has been diagnosed "ataxic", been rated on the Berg balance scale of 56; from an 8 (bedridden wheelchair bound) and thanks to Glenrose he is presently at 46. They said he was "brain injured" now he sees himself as an "Acquired Adult Brain Injury SURVIVOR". He is currently doing Tai Chi; he lives on his own and works as a medical correspondent volunteer for CJSR FM 88.5 at University of Alberta. He has been offered his own segment on the news hour program which he may appropriately title "*The Open Mind with Ian Young*" and devote most of his time to legislatively keeping himself and "comrades" aware. Consideration of his further involvement in health issues has become a healthy passion. He is constantly reminded of his survival being validated with the exposure he has through meetings of the mind as a purpose, but always take time to absorb, listen and offer ideas.

Saturday, July 14, 2007

Breakdown Session:

1:00PM-2:00 PM

Stream A - **Dr. Ruchi Sud, B.Sc., N.D.** - The Art of Living

(Teacher and Central Canada Coordinator, Art of Living Foundation)

Dr. Ruchi Sud is a Naturopathic Doctor and Teacher with the Art of Living Foundation. She strongly believes that stress and state of mind have a profound impact on one's overall health and well-being, and that this stress can be relieved through the breath. Ruchi promotes this proper use of breath in seminars and workshops through her work with the Art of Living Foundation.

In the seminar, we will learn:

- Breathing techniques which increase and balance the flow of energy in the body
- Guided meditations to calm and rejuvenate
- The effects of stress on the body and mind
- How to deal with anger and anxiety
- What you can do to release tension on a day-to-day basis

The Benefits of Breathing Practices:

- Reduced stress: reduces cortisol (the “stress hormone”)
- increased health & well-being: increases EEG alpha and prolactin (well-being hormone)
- Normalized sleep patterns
- More ease & joy in personal relationships
- Improved self-esteem
- Greater creativity and clarity of mind
- Increased sense of well-being and joy
- Improved overall health and immune system

Saturday, July 14, 2007

Breakdown Session:

1:00PM-2:00 PM

Stream B -: **Linh Tu BHSc** Couple Relationships After Acquired Brain Injury: A Review

Linh is a researcher from the Lawson Health Research Institute, St. Joseph’s Health Care London, Parkwood Hospital, based in London, Ontario. She is part of a team of researchers who are currently working on the third edition of the Evidence-Based Review of ABI.

Saturday, July 14, 2007

Breakdown Session:

1:00PM-2:00 PM

Stream C: : **Jo-Anne Aubut** - Rehabilitation of Cognitive Deficits Post ABI

Jo-Anne is a researcher from the Lawson Health Research Institute, St. Joseph’s Health Care London, Parkwood Hospital, based in London, Ontario. She is part of a team of researchers who are currently working on the third edition of the Evidence-Based Review of Acquired Brain Injury. She has also worked on a similar evidence-based review of the literature on spinal cord injury.

Saturday, July 14, 2007

Breakdown Session:

2:00PM-3:00 PM

Stream A - **Jessica Taylor, Author** - My Hopes for the Forgotten People

Author of the book The Vegetable Patch - From tragedy to triumph: The Journey Back. This is a personal story of one survivor’s personal journey. Jessica will share experiences from whence she came and where she is today.

Saturday, July 14, 2007

Breakdown Session:

2:00PM-3:00 PM

Stream B - **Shirley Johnson – Vice President** - Money Matters

Shirley is one of two Vice-Presidents of BIAC, is a member of the Finance Committee for BIAC. She has spent most of her professional life managing the finances of not-for-profit organizations that provide services for persons with disabilities. While it was often challenging dealing with the various levels of government, families, and clients, she soon discovered that it was not nearly as difficult as managing the finances of her son after he acquired a brain injury in a car crash. He regularly showed her that what she thought was the best way to budget, track expenses, and manage to have money left at the end of the month was not the way he was going to do it. In her presentation this weekend on "Money Matters" she will share with us how we can move through this process and have acceptable results at the end - while still remaining on speaking terms (most of the time) with our family member whose money we are responsible for. This presentation will be equally appropriate for persons dealing with large insurance settlements and those living on fixed incomes.

Sunday, July 15, 2007

Plenary Session: Chapel

9:00PM-10:00 PM

Karae White – Team Terrific

Karae (pronounced car – A) holds a Bachelor of Education degree. She hails originally from Alberta and is with the Comox Valley Head Injury Society as the education development specialist. In this role she developed her very original concept called

TEAM TERRIFIC. Karae will provide a snapshot of the TEAM TERRIFIC program and proof of its success to date.

Description of the components; a facilitated question and answer panel; and review of options available for those wishing to develop their own injury prevention programs.

TEAM TERRIFIC is a dynamic interactive presentation focused on preventing brain injuries amongst high-risk youth. Brain injury survivors tell their personal story of perseverance with every component of the presentation making this an unforgettable experience for the audience. The presentation illustrates how the brain works, what happens when it is injured. SMART RISK strategies are discussed to prevent injuries. A simulation exercise lets the audience temporarily experience what it feels like to have a brain injury. These components presented together are changing attitudes and behaviors in our community, as well as improving survivors' self-confidence and public speaking skills.

Sunday, July 15, 2007

Plenary Session: Chapel

10:00PM-11:00 PM

Theo D'hollander – Xperiential

Theo D'Hollander comes to us from Ontario, but his childhood was spent in the tranquil spaces near “Writing on Stone Park”, Alberta. Theo has spent a career in advanced technologies helping major corporations break new ground through the innovative use of emerging technologies.

Now strongly motivated by a son with autism as well as being awaked by the vibrancy of individuals with special needs he is focusing his energies on the disability sector and introducing the sector to the power of video-based immersive technology. If you've used Sony's Eye Toy (who's patents are owned by Gesturetek, Xperiential's technology partner) or even Nintendo's Wii, you get a sense of what we are talking about. A camera puts you inside an application shown on TV and you can interact in immersive worlds using full-body gestures.

The technology however is a step beyond because of its ability to analyze abilities and dynamically work with clients to create empowering leisure, learning and therapeutic experiences. Anyone can now ski, do the laundry or benefit from a range of therapeutic experiences. The company's affordable solutions already widely used are aimed at people with physical, cognitive or sensory needs. The intent is also to engage every level of disability. No one will be left behind.

Theo has a unique perspective on technology. He recognizes that the use of technology in the disability sector is a generation behind, and in many cases “hyped” solutions have actually created more distance between and the life or job opportunities individuals want or need. However he believes that all the right technologies already exist and the answer lies in using them in new and innovative ways. Here to demonstrate and share how this amazing technology works is Theo D'Hollander.

You can reach Theo at theo@xperiential.ca

Sunday, July 15, 2007
Plenary Session: Chapel
11:00PM-12:00 PM
Anne Schlarp-Kirpala Yoga

Anne Schlarp holds a Bachelor of Education degree (PHE) from the University of Toronto. In 2004, Anne took a sabbatical from her position at St.Paul CSS as the Head of the PHE department to travel to France and learn to become a Kripalu Yoga Instructor.

Anne will lead us in some basic Kripalu yoga. Below is a brief explanation of Kripalu yoga. Please note this is a very relaxing and enjoyable presentation and we urge everyone to participate.

The practice of Kripalu yoga is designed to lead us to an ever-increasing knowledge of our mind and body's needs in order to achieve and maintain good physical, mental and spiritual health. In short, it deals with the whole person. People in my classes range in age from 15 to 86. Many suffer from a broad range of medical conditions including heart disease, cancer, high blood pressure, asthma, arthritis, osteoporosis, back problems, mental illness, and stress related disorders. Others are here to improve their strength, flexibility, and balance, as well as cultivate inner stillness.

The course is the same for everyone. We don't emphasize what is wrong with people but rather what is right with them: their capacity for learning, for mobilizing their inner strengths and for changing behavior in new and imaginative ways. Each session includes postures, guided breathing, relaxation and meditation
