

4 | REINTEGRATION AND PARTICIPATION



Receiving support through motivational interviewing, goal setting, reassurance, and problem-solving can help people with TBI reintegrate and participate in society. Professionals who provide these services are limited and may only be available through specific organizations. If interested, people with TBI can speak with their primary health care provider for more information.

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Community Rehabilitation

Individuals with ongoing disability after TBI may require specialized outpatient or community-based rehabilitation to reach successful community reintegration. Peer support within community-based programs helps promote social integration, coping, and psychological functioning. Access to interval care (re-entry to care or intensification of services) is determined by the person's needs, goals, and potential benefit from services, rather than the time since injury or history of previous treatment.



Optimizing Daily Living

Individuals with TBI should be assessed for their level of independence in activities of daily living (ADL) and instrumental activities of daily living (IADL). These are tasks and activities needed to live independently.

ADLs include basic self-care tasks such as walking, grooming, dressing, and bathing. IADLs are more complex and require higher level thinking and organizational skills (e.g., transportation, meal preparation, home maintenance, managing finances, and managing medications). Assessment of ADLs and IADLs should be realistic and appropriate, with the opportunity for people with TBI to practice in natural settings outside therapy sessions.

Life skill training can help people with TBI deal with the demands and challenges of everyday life. Life skill training may focus on:

- Social skills
- Activities of daily living (ADL)
- Instrumental activities of daily living (IADL)
- Interpersonal skills
- Job skills
- Self-advocacy skills
- Behavioral self-regulation skills
- Decision-making skills
- Problem-solving skills



Leisure and Recreation

Participating in leisure and meaningful activities can improve rehabilitation outcomes and allow the individual with TBI to achieve their short-term and long-term goals. Assessing a person's level of participation in activities before TBI, and addressing barriers that inhibit participation after TBI is important for rehabilitation and reintegration. A goal-directed, community-based program that increases involvement in leisure and social activities can benefit people with TBI.

Return to Work or School

Before returning to work or school, people with TBI should consider and/or assess:

- Comprehensive pre-injury history
- Current cognitive, physical, and psychological capacities
- Identify challenges to a successful return and appropriate interventions to minimize them
- Discuss needs with employers or educators
- Evaluation of environmental factors

Return to work or school supports include cognitive, communicative, physical and behavioral strategies, work simulation activities, and on-site training. A gradual work or school trial may benefit people with TBI. It is helpful to identify or address these factors in advance:

- A start day
- How to increase hours and days
- Limitations and restrictions
- Recommended accommodations



If the person with TBI is unable to engage in paid employment, they may need assistance to explore other avenues for productivity. This could include activities that promote community integration, like volunteer work.

Driving

By law, health care providers must give information and documentation on the effects of neurological impairments to the appropriate government body (e.g., Ministry of Transportation). In accordance with local legislation, an assessment by a health care provider may be required for people with TBI who wish to drive.

HELPFUL RESOURCES

The Ministry of Transportation Medical Review Process Fact Sheet

<http://www.mto.gov.on.ca/english/safety/pdfs/fact-sheet-the-medical-review-process.pdf>

Peer Support Groups at Local Brain Injury Associations

<http://obia.ca/abi-associations/>

Factsheet for Driving After Traumatic Brain Injury

<http://www.msktc.org/tbi/factsheets/Driving-After-Traumatic-Brain-Injury> Online Caregiver

Conversations Group

<http://obia.ca/online-caregiver-conversations-group/>

