

ACQUIRED BRAIN INJURY

Where to go when you're looking for help

Last updated: August 2023

What is an acquired brain injury?

An acquired brain injury (ABI) is damage to the brain caused by a traumatic event, such as a car accident, fall, assault or sports injury, or by a medical problem, such as a tumour, brain aneurysm, infection or stroke. Neurodegenerative disorders and congenital birth disorders are not considered ABIs.

ABIs are often diagnosed through imaging tests like CT scans and EEGs (electroencephalograms). Although concussions are a milder or more moderate form of ABI, they are rarely detected using these tests.

Acquired brain injuries can occur in different areas of the brain. Depending on which brain structures are affected, the person will experience different physical, cognitive and behavioural symptoms. ABIs are complex medical conditions that often require a combination of treatments, including medication, therapy and a rehabilitation plan. Physical therapy is common to help treat the root cause of brain injury. Exercises and activities that involve the affected functions stimulate the brain and help it to recover.

Assessment and Treatment

COTA Health

550 Queen St. East, Suite 201, Toronto, ON M5A 1V2

Tel.: 416 785-9230

info@cotainspires.ca

www.cotahealth.ca

Services: List of services and programs for ABI, including case management, supportive housing, behavioural therapy

Eligibility: Ages 16–64 with serious mental illness, geriatric mental health conditions, ABI, developmental disabilities, dual diagnoses

Referral: Call services listed on the website for referral information

Fee: Contact the listed services for details

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

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Mind Forward Brain Injury Services

176 Robert Speck Parkway, Mississauga, ON L4Z 3G1

Tel.: 905 949-4411

info@mindforward.org

<https://mindforward.org>

Services: Case management, clinical services, day programs (that address substance use and ABI), residential and supported living programs

Eligibility: People with ABI

Referral: E-mail info@mindforward.org for information

Fee: Publicly funded

PACE Independent Living

970 Lawrence Ave. West, Suite 210, Toronto, ON M6A 3B6

Paula Cassin Learning Centre, 300 New Toronto Street, Unit 1 (ABI day programs)

Tel.: 416 789-7806 ext. 314

Fax.: 416-789-7807

pace@pace-il.ca

www.pace-il.ca/acquired-brain-injury-supportive-housing

Services: 6- to 12-week ABI community program provided once or twice a week in the home, community, school or workplace; day programs offered Tuesday to Sunday for 10–12 weeks; supportive housing program

Eligibility: Community and day programs for ages 18+ with mild/moderate ABI; supportive housing for ages 59+ with mild/moderate ABI

Referral: Online referral forms for [ABI community program](#), ABI day programs, [ABI supportive housing](#)

Fee: For more information about pricing contact the organization

Note: Must provide medical documentation confirming ABI diagnosis

St. Michael's Hospital, Head Injury Clinic

36 Queen St. East, 3rd Floor Donnelly Wing South, Toronto, ON M5B 1W8

Tel.: 416 864-6060 ext 46359 or 416 864-5520

www.unityhealth.to/areas-of-care/programs-and-clinics/trauma-and-neurosurgery/#st-michaels-hospital-head-injury-clinic-0

Services: Consultation, management, and treatment of patients with mild and moderate traumatic brain injury. Referrals are made to both public and private services. Patients also have access to outpatient psychiatry services

Eligibility: ABI within the last year

Referral: Patients are referred directly to the Trauma Neurosurgery Department and Emergency Department at St. Michael's Hospital. See [referral form](#) online

Fee: OHIP and third party–funded

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Sunnybrook Hospital, Neuropsychiatry Program

2075 Bayview Ave., Toronto, ON M4N 3M5

Tel.: 416 480-6100

www.sunnybrook.ca/content/?page=psychiatry-neuropsychiatry-program

Services: Patients with multiple sclerosis, ABI, functional neurological disorder. Assessments include detailed brain imaging and cognitive (neuropsychological) testing

Eligibility: Patients who have psychological difficulties secondary to neurological illness

Referral: Physician referral

Fee: OHIP covered

Toronto Acquired Brain Injury Network (TABIN)

700 Bay St., Suite 601, Toronto, ON M5G 1Z6

Tel.: 416 597-3057

www.abinetwork.ca

Services: Coordinates referrals to publicly funded ABI services in Ontario; lists brain injury associations

Eligibility: People with ABI in Toronto and surrounding area, as well as families and service providers

Referral: Anyone can request referrals to community-based ABI programs; referrals to inpatient and outpatient programs must be made by a doctor. See website for referral forms

Fee: Publicly funded

Notes: People with moderate to severe neurocognitive impairment who have a substance use problem should contact the Community Head Injury Resource Services (see listing on page 4)

West Park Healthcare Centre Adult Day Program

82 Buttonwood Ave., York, ON M6M 2J5

Tel.: 416 243-3600

www.westpark.org/Services

Services: Recreational activities, social support, skills training, case management for clients and families, overnight respite, consultation with a physiatrist

Eligibility: Age 18+, moderate to severe ABI, medically stable, living in or preparing to return to the community and have a family physician

Referral: Referrals made through TABIN (see listing above)

Fee: OHIP-covered

York–Simcoe Brain Injury Services

13311 Yonge St., Suite 202, Richmond Hill, ON L4E 3L6

Tel.: 905 773-3038 ext. 6200

www.mackenziehealth.ca

Services: Case coordination, functional assessment, individualized rehabilitation plans and community support to assist with community reintegration, adult day program

Eligibility: Age 16+, living with ABI in York Region and Simcoe County

Referral: Self-referral or physician referral

Fee: Publicly funded

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Services for ABI and Addiction

Community Head Injury Resource Services of Toronto

62 Finch Ave. West, Toronto, ON M2N 7G1

Tel.: 416 240-8000

chirs@chirs.com

www.chirs.com/home

Services: Residential programs, community support, adult day programs, neuropsychological and neuropsychiatric services (case management and intervention), support groups for people with ABI and addiction

Eligibility: Age 18–60 with moderate to severe ABI, living in Toronto or York Region, or willing to travel to the agency if services don't exist in the client's area

Referral: Referral through TABIN (see listing above)

Fee: Publicly funded

Fred Victor Centre, Concurrent Disorders Support Services

145 Queen St. East, Toronto, ON

Tel.: 416 644-3081 ext. 3365

www.fredvictor.org/what-we-do/health-services/concurrent-disorders-support-services

Services: People accepted into the program are referred to a partner agency for services such as case management, addiction medicine, psychiatric consultation, addiction stabilization, mental health counselling, help accessing housing

Eligibility: People with suspected or diagnosed ABI, people with concurrent disorders and cognitive difficulties that affect daily functioning

Referral: Referral from a medical or community-based organization is preferred, but not required

Fee: None

Resources for Children and Youth

Holland Bloorview Kids Rehabilitation Hospital

150 Kilgour Rd., Toronto, ON M4G 1R8

Tel.: 416 425-6220

concussion@hollandbloorview.ca

www.hollandbloorview.ca/services/programs-services/brain-injury-rehab

Services: Rehabilitation program, including assessment and therapy

Eligibility: Ages 3 months to 18 years

Referral: [Physician referral](#) required

Fee: None

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March of Dimes, Brain Injury Services

10 Overlea Blvd., Toronto, ON

Tel.: 1 800 567-0315

independence@marchofdimes.ca

www.marchofdimes.ca/en-ca/programs/abi/Pages/default.aspx

Services: Rehabilitation and social support services for people with ABI

Eligibility: Adults and children with ABI

Referral: Self-referral

Fee: Contact the organization for details

Support Groups

Brain Injury Association of Peel and Halton

6835 Century Ave., Suite 201, Mississauga, ON L5N 7K2

Tel.: 905 823-2221 or 1 800 565-8594

<https://biaph.com/abi-support-groups>

info@biaph.com

Services: ABI support groups to discuss common issues, learn about living with ABI and engage in recreational activities

Eligibility: People with ABI, ABI survivors, ABI caregivers

Referral: None

Fee: None

Brain Injury Society of Toronto

40 St. Clair Ave. East, Suite 205, Toronto, ON M4T 1M9

Tel.: 416 830-1485

info@bist.ca

www.bist.ca/about/programs-and-services

Services: Community meetings and events, support groups for survivors of ABI and their families

Eligibility: Anyone dealing with ABI

Referral: See website to register, or call the number above

Fee: Free

Ontario Brain Injury Association

3550 Schmon Parkway, 2nd floor, Thorold, ON L2V 4Y6

Tel.: 905 641-8877

www.obia.ca/support/helpline/

Services: Support line, peer support program, list of ABI associations across Ontario, ABI resources

Eligibility: Anyone dealing with ABI

Referral: None

Fee: None

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