



CITY OF OTTAWA

**The City of Ottawa
Inclusive
Recreation**

***Acquired
Brain Injury/
Post Stroke
Therapeutic
Recreation
Day
Programs***



**Acquired Brain Injury (ABI) programs
Mondays, Wednesdays, and Fridays**

These programs are suitable for individuals who have an ABI due to traumatic brain injuries, tumor, anoxia, toxic encephalopathy, encephalitis, or other diseases of the brain.

**Post Stroke programs
Tuesdays and Thursdays**

These programs are suitable for individuals who have an ABI due to a stroke

**September to June
9am-3pm**

Location: 1490 Youville Dr. (Orleans),
Ottawa, ON K1C 2X8

The program includes an integrated team approach involving a Therapeutic Recreation Specialist, a Registered Practical Nurse, Specialized Fitness Instructors, and a Program Administrator.

This program includes:

- In-depth assessment of personal strengths hopes and dreams.
- Creation of an individualized plan of action
- Goal oriented programming working to improve physical mobility, cognitive abilities, social/communication, mental health, leisure skills/ adaptations and community re-integration skills

Is this program right for you?

Participants must be:

- 19 years old or over
- independent with personal care and mobility (with or without a mobility aid),
*participants can bring their own worker if needed.
- motivated to work towards identified goals and participation in programming
- **An assessment is required prior to registration**



How do I register?

Please contact the ABI Inclusive Recreation Program Administrator:

Terry-Lynn Costello

613-807-1077

Teresa.costello@ottawa.ca

Financial support – Ottawa Hand in Hand

If you are already a participant in a community or social service agency program, if you are an individual or family with a low-income or a family member with a disability, you may qualify for the Ottawa Hand in Hand recreation and culture fee support program. Ask for details.

