



**Acquired
Brain Injury
Network**

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Conference Presentation Abstract ~ Poster

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Title:

Transforming Adult Day Services

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Summary:

In 2007, COTA Health launched an innovative adult day program that provides opportunities for participants to engage in meaningful activities, explore strengths and develop diverse skills. The participants work collaboratively with group leaders to define their goals and help shape activities to meet those goals.

The ABI Adult Day Services program was developed in consultation with both individuals with ABI and ABI service providers. Through focus groups we explored the needs and desires of potential participants and used this feedback to develop a unique set of sessions that focus on skill development and are goal oriented.

This program now offers group sessions five days a week and each group runs for 12 to 16 weeks. Participants select the groups that would assist them in their personal development. Each group has a different focus or theme including therapeutic, skills training, educational and recreational. This unique structure allows us to meet the needs of our clients, as well as increase the number of clients served. The participants are also invited to evaluate the programs regularly.

This program represents a significant departure from our previous day program, Mind Co-op that was based on a social recreational model. In developing the new adult day program, we were sensitive to those who had participated in Mind Co-op for years and took great care to transition them to the new program.

Outcomes/Objectives:

This presentation will provide an opportunity to learn about and discuss the emerging best practices in providing goal-oriented programming for individuals with ABI. Learn how to address the challenges of resistance to change while making the shift from a recreational group model to a multi-disciplinary, goal-oriented program structure. The presentation will highlight how we are bringing back the idea of achieving dreams and goals to individuals with acquired brain injury.