



## **Brain Injury Services of Hamilton, Haldimand-Norfolk, Niagara**

**Family Education Group  
January 11, 2008**

### **Summary Report**

#### **Facilitators:**

Mary Anne McEachern, Behaviour Therapist  
Liana McLeod, Research Assistant

Brain Injury Services of Hamilton, Haldimand-Norfolk, Niagara held a family education session on January 11, 2008. This was a 3-hour session to provide strategies and education to families providing care for their relative who has sustained an acquired brain injury. Five family members participated in the group.

During the session, educational material was presented on the brain, its functions and the impact that the type of injury to the brain may have on daily functioning, cognitive abilities and relationships. Group participants discussed the challenges that an individual with an ABI and their family face as a result of the change in family dynamics, and cognitive functioning.

Various behavioral and compensatory cognitive strategies, for the individual who sustained an ABI were reviewed and discussed, as well as and coping strategies for family members.

All information was provided to the group in one session, therefore pre and post assessments were not administered. However, the family members were asked to complete an evaluation at the end of the session to rate the training program and instructors. On a 5 point Likert scale, with 5 representing Fully Satisfied, the family members indicated an overall average rating of 4.3.

Comments about the session included:

- Enjoyed the seminar.
- More time for “roll play” type exercises.
- Excellent – would like follow-up session, too condensed (information)
- Could relate to other people’s experiences.
- Very informative

For more information contact Brain Injury Services: [info@braininjuryservices.com](mailto:info@braininjuryservices.com)