

## Fraser Valley Brain Injury Association

# Rehabilitation After Brain Injury

Acquired brain injuries result from incidents such as strokes, falls, car crashes, toxic exposure, etc. After a brain injury, individual needs and abilities can vary, requiring personalized rehabilitation programs that may involve a range of healthcare providers.

#### Counsellors

Counsellors help you solve problems and develop problem-solving skills by helping you clarify issues and explore your options.

#### Occupational Therapists

An occupational therapist focuses on improving the individual's ability to perform activities of daily living.

#### **Family Doctors**

Family doctors are experts in diagnosing and treating the whole person. They care for patients in the office, the hospital, other health care facilities or the patient's home.

#### Physical Therapists

Physical therapy focuses on improving the individual's ability to move their body



#### Kinesiologist

A kinesiologist can help you find the best way to move your body, strengthen muscles, improve range of motion, reduce pain, and prevent further injuries.

### **Physiotherapists**

Physiotherapists use evidence informed knowledge of anatomy, kinesiology and physiology to assess, treat, and manage pain, injuries, movement dysfunctions and chronic conditions.



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#### Psychologists

Psychologists study and help treat cognitive, emotional, and social processes and behaviours. They seek to understand and explain thoughts, emotions, feelings, and behaviour.

#### Social Workers

Social Workers make assessments and develop intervention plans to connect clients to resources; provide counselling and support services; mediate conflict; advocate for services; and strengthen clients' capacity to successfully manage their problems.

#### Speech and Language Therapists

Speech and language therapists help individuals that may need help with pronouncing speech sounds, understanding and using spoken language, speaking smoothly and easily, reading and writing, eating, feeding, and swallowing.

## Rehabilitation: Find a Healthcare Provider

#### Registered Clinical Counsellors: bcacc.ca/

Canadian Certified Counsellors: ccpa-accp.ca/find-a-canadian-certified-counsellor/

Canadian Professional Counsellors: cpca-rpc.ca/counsellor-directory.aspx

Family Doctors: findadoctorbc.ca/

Kinesiologists: bcak.bc.ca/find-a-kinesiologist/

**Occupational Therapists**: caot.ca/site/findot

Physical Therapists: bcphysio.org/find-a-physio

Physiotherapists: bcphysio.org/find-a-physio

Psychologists: referral.psychologists.bc.ca

Social Workers: findasocialworker.ca/BC/en/default.asp

Speech and Language Therapists: speechandhearingbc.ca/#professional-map

