



## What is an Acquired Brain Injury?

An acquired brain injury is damage to the brain that occurs after birth and is not related to a congenital disorder or degenerative disease.

A brain injury may be caused by any trauma that results in damage to the brain. This can include:

- \* Motor vehicle accidents
- \* Falls
- \* Recreational/sporting accidents
- \* Assaults
- \* Drug use
- \* Stroke
- \* Brain tumours or aneurysms
- \* Infection or illness (e.g. meningitis)
- \* Shaken baby syndrome

### Who is Eligible for Service?

Survivors of an acquired brain injury or FASD over 19 years of age.

## Our Mission Statement

The Kamloops Brain Injury Association advocates for and provides specialized programs for survivors of acquired brain injuries, and facilitates education and awareness in Kamloops and the surrounding communities.

*Helping people with acquired brain injury live to their full potential.*

KBIA is a non-profit organization serving Kamloops and the surrounding communities. Please visit our website to see how you can help us put smiles on the faces of our survivors.

<http://www.kbia.ca>



## Caregiver Information



- ◇ One-on-one life skills support
- ◇ Client advocacy
- ◇ Family and caregiver support
- ◇ Facilitated support groups
- ◇ Therapeutic art programs
- ◇ Cognitive behavioral therapy
- ◇ Education and prevention

**408 Victoria Street  
Kamloops, BC V2C 2A7**

**Phone: 250-372-1799  
Fax: 250-372-3196  
Email: [kbia@kbia.ca](mailto:kbia@kbia.ca)  
<http://www.kbia.ca>**



## Services for Survivors of Acquired Brain Injury

If you or someone you know has survived a brain injury they can access services at the KBIA office for:

- \* One-on-one life skills support at home and in the community
- \* Community advocacy and referral
- \* Education and information
- \* Social and recreational activities
- \* Therapeutic art programs
- \* Emotional Management Group
- \* Substance Use and Brain Injury group
- \* Peer support drop-in social group
- \* Cognitive behavioural therapy



## Educational Programs We Offer

We also offer a number of educational supports at KBIA that are open to survivors and their families such as our Brain Injury 101, which is an introductory to life after brain injury for both survivors and caregivers. Contact us at (250) 372-1799 to find out when the next session is!

We are client-centered and committed to acting with RICH values:

**R**espect  
**I**ntegrity  
**C**ompassion  
**H**onesty

## Services for Caregivers and Family Members

If you are a relative of, or caregiver for, a survivor of an acquired brain injury you can access the following services through our office:

- \* Life skills worker for support
- \* Informational materials
- \* Caregiver support group facilitated by a registered nurse with experience caring for those with a brain injury
- \* A chance to talk with other caregivers to share experiences, get new ideas, and talk to someone else who knows what you're going through and may have some insights.

## How Do I Access Services for Caregivers and Family?

- \* Call our office at 250-372-1799.
- \* E-mail us directly at [kbia@kbia.ca](mailto:kbia@kbia.ca).

*There is no charge to attend our caregiver support meetings.*