

# PETER'S PLACE

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BRAIN INJURY REHABILITATION



# ACQUIRED BRAIN INJURY (ABI)

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- Damage to the brain, which may be caused:
  - **Traumatically**, e.g. from an external force such as a collision, fall, or assault.
  - **Non-traumatically**, through a medical problem or disease process which causes damage to the brain, e.g. anoxia, non-progressive tumour, aneurysm, infection, stroke.
- The ABI must occur after birth and does **not** include:
  - A congenital disorder or developmental disability e.g., cerebral palsy, muscular dystrophy, autism, spina bifida with hydrocephalus.
  - A process which progressively damages the brain e.g., dementing processes, multiple sclerosis, Alzheimer's Disease, Parkinson's Disease.

# SOUTH SHORE

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- A six-bed home on the beautiful south shore of NS located at 326 Huey Lake Road, RR#1 Pleasantville.
- Peter's Place was established in 1994 as a specialized alternative to the current care facilities in this province.
- Facility provides intensive individualized rehabilitation programs to adults who have suffered an acquired brain injury (ABI).
- Clients receive assistance from our trained staff, and clinicians to reach their goals.

# HALIFAX

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- A four-bed residential home in the suburbs of Halifax, located at 12 Swan Crescent, Halifax.
- Facility provides intensive individualized rehabilitation programs to adults who have suffered an acquired brain injury (ABI).
- Clients receive assistance from our trained staff, and clinicians to reach their goals.
- The Halifax location has been in operation since 2013.

# PURPOSE

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Peter's Place provides physical and cognitive rehabilitation for individuals with acquired brain injury (ABI).

Peter's Place and Peter's Place Halifax are approved Department of Seniors & Long Term Care funded beds for rehabilitation of individuals with ABI.



# MISSION

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- To empower individuals to attain their highest level of independence and quality of life.
- To provide a wide range of support services.
- To ensure successful community living within the least restrictive environment possible.
- All programs and activities are designed with participant input.

***Sole focus is the rehabilitation of the  
brain injured individual.***



# GOALS

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- Empowering individuals through increased independence and productivity.
- Participation within the community.
- Facilitating achievement of functional outcomes.
- Develop and sustain family and social relationships.

***We value an individualized, resident centered,  
advocacy oriented team approach  
which includes staff, residents and residents' families.***

# PROGRAM OBJECTIVES

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- Recognize and support individuals with an ABI who have potential for rehabilitation, to attain increased physical, cognitive, emotional, behavioural and/or social independence within the identified time frame.
- Provide individualized client centered care plans that will guide supports and services over the course of the time frame established for the program and that best meet the needs of individuals with an ABI to enable them to transition to more independent living in the community.
- Engage family and/or caregivers so they can assist the individual with an ABI with successful program participation.



# PROGRAM OBJECTIVES

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- Collaborate with informal and formal supports to maximize available resources so that individuals with an ABI, who have rehabilitation potential, are able to transition to more independent living in the community.

# RESIDENTIAL PROGRAM

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- Designed for individuals who have already completed their hospital-based rehabilitation and would like to benefit further from our structured residential environment.
- The average stay in this program is approximately **3-18 months**.

# SERVICES

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- Daily physical & cognitive rehabilitation
- Ongoing medication review and monitoring
- Community work and education programs
- Recreation and social outings
- Ongoing support with clinical specialists & Clinical counseling
- Family support
- Facilitated family visits
- Discharge planning and support
- Access and follow up to medical specialist
- Ongoing medical support

# ELIGIBILITY

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- Resident of Nova Scotia (or in the process of obtaining a NS Health Card Number).
- Client must be medically stable with a diagnosed Acquired Brain Injury.
- 18 years of age or older.
- Has the potential for rehabilitation (e.g. cognitive, physical, emotional, and/or psychosocial) that will allow for more independent living in the community within an identified time frame of 3-18 months.
- Has potential to benefit from a structured program focusing on a return to more independent living in the community.

# ELIGIBILITY

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- Requires no more than 1.5 hours of assistance with activities of daily living per day.
- Independently mobile with or without aids or with 1 person transfer with aids.
- Demonstrates sufficient expressive and receptive communication skills (with or without aids) to participate and benefit from the program.
- Acknowledges changes that have resulted from the acquired brain injury and is motivated to work towards goals for greater independence.
- Is able to tolerate and safely participate for a minimum of 2 hours a day, 5 days a week, in structured transitional programming to develop the skills required to allow the individual to transition to his/her setting of choice.



# ELIGIBILITY

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- Has an identified support system that is viable and sustainable
- Has successfully participated in some form of post rehabilitation therapy prior to admission.
- Is willing to participate in a standardized assessment to determine level of support requirements.

# REFERRAL PROCESS

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- A referral may be accepted from an individual, their substitute decision maker, or any person who has received consent or has been requested to make a referral by the individual.
- All referrals go through Continuing Care Intake 1-800-225-7225.
- Continuing Care will assess the individual's situation to determine the need for LTC

# ADMISSION PROCESS

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- Facility notifies the Placement Office of a bed vacancy.
- Placement sends the individual's information to the facility for review.
- Facility staff meets with the individual and family/support system to assess rehabilitation potential, goals, and to determine with the guidance of the clinical team if the program can support the individual to achieve their goals and progress to more independent living.
- If required, the facility will arrange a teleconference/case conference and will include the Care Coordinator, family and the individual as applicable.

# COMMUNITY REHABILITATION PROGRAM

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- Peter's Place launched a comprehensive community program in 2015.
- The purpose of this customizable **12-week program** is to allow an individual to remain more independent in their home, with their family and stay active within their community.
- Currently available 30km radius of Dartmouth & Mount Pleasant. Dartmouth Brain Injury Recovery Centre opened May 2019, located at 615 Windmill Road.
- One-on-one staffing
- Client focused, individualized program
- Multi-disciplinary team (PT, SLP, OT, Psychologist, Dietician)
- Self referral form is on the Peter's Place website. ([www.petersplace.ca](http://www.petersplace.ca))

# COMMUNITY REHABILITATION PROGRAM

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## Goal:

- Improve self-sufficiency in every area possible.
- Staff work inclusively with the individual suffering the ABI and their families to establish and monitor goals.
- Comprehensive improvement assessments are done monthly.
- Input is gathered by all care team partners so that necessary adjustments can be made to continue successful ongoing support.



# COMMUNITY REHABILITATION PROGRAM



# VIDEO

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- This video documents a client's 7 month journey in our Community Rehabilitation Program



# ABI DROP-IN CENTRE

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- 615 Windmill Road, Dartmouth
- Currently open Monday-Friday 10am-3pm
- Providing in-person and virtual activities <https://www.petersplace.ca/new-events?view=calendar&month=08-2021>



# CONTACT INFORMATION

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