



# TRAVERSE INDEPENDENCE SERVICES FOLDER – TEXT ONLY

## LIFE WITH A BRAIN INJURY OR PHYSICAL DISABILITY

Traverse Independence assists adults with acquired brain injuries (ABI) and physical disabilities traverse the distance between where they are today and where they dream of being - independent and self sufficient.

- Traverse Independence for every step of the journey.
- Maximizing your ability to live independently and supporting your journey of growth...
- All our services and locations are fully accessible to people with physical disabilities

## ACQUIRED BRAIN INJURY

- Living in your own apartment
- Paying your own rent and living expenses
- A variety of independent settings and support levels
- Transitional living
- Outreach supports in the community
- ABI day programs
- Mental health and addiction supports
- Caregiver support groups
- Independence and Respect
- Services designed to support confidence and learning
- Privacy - support only when needed, space is respected
- Opportunity to stretch to new goals, to dream of the future
- Consistency and Flexibility
- Individual goals for return to work, school and community
- Move to next level of independence with consistent support
- Service levels adapt as improvement occurs

## PHYSICAL DISABILITY

- Living in your own apartment - Paying your own rent and living expenses
- Personal support services (attendant services) 24/7 - 7 days per week - Scheduled on a daily basis - On call services as required

### **Independence to Direct your own Services**

- Attendant services may include but are not restricted to:
  - Assistance with activities of daily living
  - Diabetic care/medications
  - Prescribed exercises
  - Tube feeding
  - Bowel and bladder routines
  - Ventilator care
  - Light homemaking and meal preparation
- Life skills and behavioural services may assist with but are not restricted to:
  - Money management
  - Personal care
  - Interpersonal relationships
  - Mental health and addiction issues