Concussion & Self Care

Empowerment through advocacy

Complex Injury Rehab
The Brain, Spine & Mental Health Clinic

647.725.2633 | www.complexinjury.com
Goals of Advocacy
Complex Influences

- Life experience
- Core beliefs
- Personality
- Emotion
- Thoughts/Behaviour
Know Your Worth

- Self Esteem
- Experience
- Objectivity
- Determination

TO GET WHAT YOU WANT, YOU HAVE TO DESERVE WHAT YOU WANT.
- Charles T. Munger

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Reality Based Expectations-The New Normal

- Educate
- Listen
- Communication Scripts
- Coping Techniques
- Shared Activities
- Individual Activities
- Know the limits
Telephone/Email Requests

- Evaluate the need - pick your battle
- List of the points
- Identify yourself
- Ask the name and position of the person
- Keep it Brief
- Ask to be transferred
- Request action-example
- Ask for response date
- Be thankful
- Save or record
- Call back

Success is getting what you want; happiness is wanting what you get.

~ Dale Carnegie ~
In the Workplace

Know and Inform What Is Needed to Maintain an Effective Level of Function

• Flexible hours-rest break
• Quiet room
• Ergonomics of space
• Physical Movement
• Stimulation-audio, visual, lighting
• Psychological stress
Debrief with Support

• Meet a friend-Post call, session, appointment, family gathering
• Review
• Record

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Sharing Experiences

Education - Normalization - Empowerment

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Personal to Political

- Clarity of purpose
- Online research
- Local, Provincial, National
- Find similar issues

If you can't stop thinking about it, don't stop working for it.

- Similar social groups
- Community resources/organizations
- Town Council, Mayor and MPP
Effective Asking

Elements of Asking

- Know the facts
- Petitions-Agents of Power
- Remain calm
- Come prepared

“The distance between what you want and what you get is what you do.”
Want versus Need-Keep it in Perspective