

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.



Take the next step on your journey with Traverse Independence and discover real options for life after brain injury or with a physical disability.

All referrals are considered unique. To inquire about eligibility and the application process, please contact:

Brain Injury Services

Tel. 519-741-5845
Email ABIRef@travind.ca

Physical Disability Services

Waterloo Wellington Local Health
Integration Network
Home and Community Care
Tel 310 2222 (no area code required)
1-888-883-3313 (toll free)
TTY: 519 883 5589

www.traverseindependence.ca
1382 Weber Street East, Unit 1
Kitchener, ON N2A 1C4
Tel. 519-741-5845



**LIFE WITH A
BRAIN INJURY
OR PHYSICAL
DISABILITY**



**For Every Step
of the Journey**

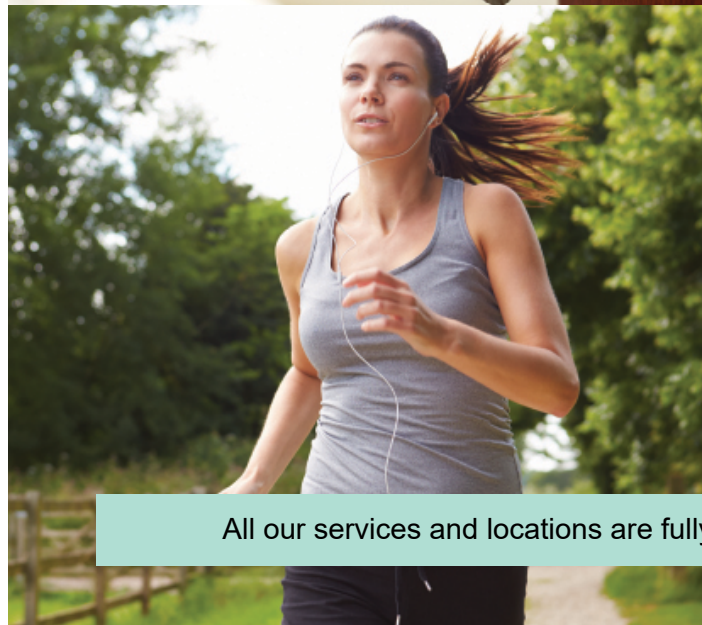
Maximizing your ability to live independently and supporting your journey of growth...

ACQUIRED BRAIN INJURY

- Timely education, information and support to make important decisions
- A variety of support levels, environments and locations including private apartments
- Intensive case coordination with access to ABI specialized services such as psychiatry or occupational therapy
- Transitional living
- Outreach services
- Day program
- Caregiver support
- Brain injury education

Organizational Approach

- Client safety is a top priority
- Multi-pronged, flexible
- Care planning done in partnership with client and family with a focus on independence
- Collaborative, compassionate, respectful of culture, values, beliefs, diversity and preferences
- Right support, at the right time, in the right place – a focus on just enough support to return to school, work or independence



PHYSICAL DISABILITY

- Living in an independent apartment setting - supportive housing
- 24/7 program with after hours on-call

Independence to Direct your own Attendant Services

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 supports may provide ongoing support with things like:

- Access to mental health and addictions support
- Interpersonal relationships
- Money management
- Accessing recreation, leisure and/or volunteer opportunities.

All our services and locations are fully accessible to people with physical disabilities.