Traumatic Brain Injury and Stroke Handbook
Why Choose Therapy Spot to help you if you have had a Concussion or Traumatic Brain Injury (TBI)?

Simone Friedman (CEO of The Therapy Spot) has been working predominantly in the area of Traumatic Brain Injury for over 17 years and grows more passionate about it every year. She has conducted research specifically in the area of evidence-based treatment approach and, due to her expertise, she is an Adjunct Lecturer at the University Of Toronto (U of T). She teaches students about the Therapeutic Relationship and how to design functional treatment programs and goals. In addition to her role at U of T. she has given workshops on Cognitive and Communication impairments found with Mental Illness and written guidelines for the Ontario Speech Language Association (OSLA) on the Catastrophic Impairment Definition. Simone brings a wealth of knowledge, treatment guidelines and supervision to the Traumatic Brain Injury service delivery at the Therapy Spot.

All staff working in the area of Traumatic Brain Injury have been trained in all evidence based practice. Outside of Simone overseeing all staff, Ilana Klain, Clinical Supervisor for Traumatic Brain Injury at the Therapy Spot, supervises all the Senior Therapists to ensure that therapy is evidence-based and client centered.
Why Choose Therapy Spot for your Stroke Therapy?

The professionals here at Therapy Spot have developed a system for stroke management that assesses and treats:

- Cognitive skills (memory, attention, executive functions)
- Communication (Reading, writing, understanding, speaking and social skills)
- Speech (muscle system and the coordination of the muscle system)
- Swallowing

At Therapy Spot we have pulled from all areas of research across many different treatment areas to develop our stroke management system. Of course, we use stroke research and treatment protocols such as constraint induced therapy & supported communication partners. However, we also pull from other treatment areas to assess and treat: Aphasia, Dysarthria, Apraxia and Dysphagia. For example, at Therapy Spot we often treat
an individual with a severe Apraxia using a treatment technique called PROMPT. We use meaningful goal setting, task analysis and treatment techniques pulled from the world of Traumatic Brain Injury to treat the cognitive-communication difficulties secondary to an Aphasia. We think flexibly and pull from all areas of research to create a tailored, individualized therapy program.

Our goals are based in the principles of neuroplasticity, are meaningful and also created at all levels of difficulty according to the World Health Organization (impairment, activity and participation), with strict data taking procedures implied.

We offer 3 different treatment options for our clients with a stroke:

- 1-on-1 assessment and treatment
- Family education and support
- Group treatment
How Are Services Offered at Therapy Spot?

Step One

Before we can begin treatment, we need to complete an assessment to answer the following questions:

- What are your communication needs in the context of your daily life?
- What are the cognitive, communication, speech, or language difficulties that may affect your ability to participate in your life (i.e., work, school, family interactions, community involvement)?
- What would you like to achieve in these settings (work, school, community etc) and how can we help to make you successful?

Assessments at Therapy Spot:

- Interview of the individual, their family, or important communication partners
• Review of case history (pre-injury status, academic, employment status, medical & rehabilitation history, etc.)

• Comprehensive assessment of
  ○ Aphasia
    ▪ Communication (listening, speaking, reading, written expression, discourse, conversational interaction, social communication)
    ▪ Cognitive skills required for communication (attention, memory, organization, reasoning, problem solving, executive functions, self-regulation)
  ○ Consideration of potential contributing factors (fatigue, sleep disturbance, visual disturbance, hearing, mental illness, stress, etc.)
  ○ Swallowing (If needed)
  ○ Dysarthria
  ○ Apraxia
  ○ **we do on-site hearing tests for understanding speech and language**

• Selection, administration, and interpretation of standardized tests

• Functional evaluation of school, work, family, or community communications (current status and communication demands)

• Consultation with other professionals or review of their reports as indicated

• Preparation of a comprehensive report

• Collaboration with client in the preparation of Goal Attainment Scale meaningful Goals
Step 2: Analysis of Results and Development of Treatment Plan

An individualized 12-week (most often) plan is developed for you. The plan takes into consideration:

- Your assessment results,
- Your current needs,
- Goals you want to achieve
- Task analysis of each goal in order to break it down into sub-steps that can be achieved over a 12 week period.
- Decision on where Treatment will take place:
  - Your home
  - Your work-place
  - Your school
  - Our clinic
Step 3: Treatment

- Treatment would focus on your meaningful life goals while still working on neuroplasticity and cognitive improvements.
- All Treatment would be team based and collaborative. You will never feel tested.
- Goals will be broken down into achievable steps and each therapeutic session will target one of those sub-steps to allow for continued progress.
- You will be able to see the progress each week.
- Further evaluation of progress will occur at 6 week and the 12 week mark.

Service Pricing

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