

COVID-19 Impact Survey: Brain Injury Speaks



The goal of **Brain Injury Speaks** is to empower those who are living with brain injury to share their experiences and inform the future direction of brain injury care in Ontario.

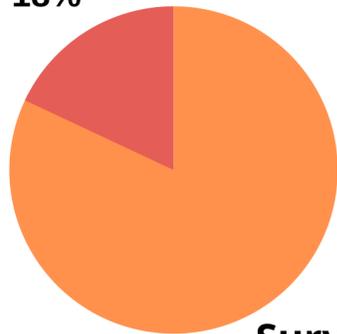
In June 2020, we asked members of the **Brain Injury Speaks** Stakeholder Engagement Network about the impact of COVID-19 social distancing measures on their brain injury supports and services.

210 survey respondents

Caregivers/Family

Members

18%

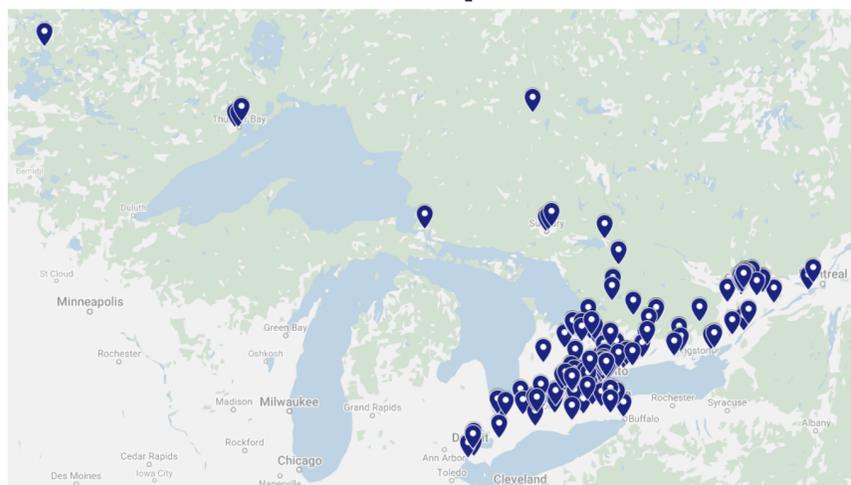


Survivors*

82%

*10.5% of responses were completed by caregivers/family members on the survivors' behalf

Where do the respondents live?



Supports and Services

We asked whether brain injury survivors have been able to access the supports they need, how and where they accessed support, and the barriers to receiving supports and services during COVID-19 social distancing measures.

Participants were provided with a fixed list of choices for each question and the option to add in other services and supports. Answers were grouped into the 3 categories below:



1. **Healthcare** (medical appointments, crisis/emergency services & helplines)

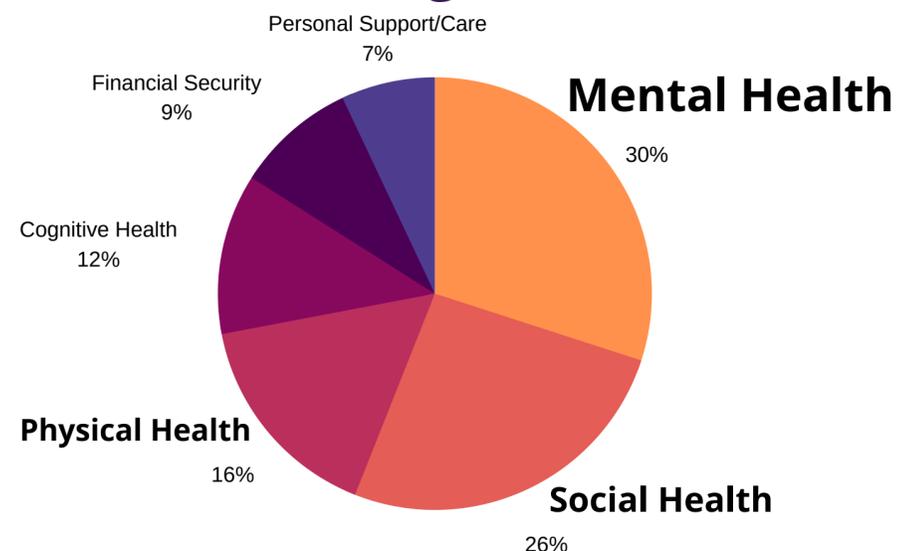


2. **Rehabilitation** (non-medical healthcare, personal support services, rehab therapist or community support worker)



3. **Community** (peer support groups, survivor support groups, family support groups, day programs)

Impacted by COVID-19 Social Distancing Measures



During COVID-19 Social Distancing Measures...



11% of survivors relied on their family member or caregiver to provide healthcare support instead of seeking formal healthcare services



16% of survivors relied on their family member or caregiver to take on the role of a personal support worker, community support worker, or rehab therapist because they have been unable to access those supports



14% of survivors were unsure what healthcare support was available to them



up to **37%** of survivors were unsure what community supports were available to them (e.g. support groups, day programs, etc.)

What has helped survivors the most during COVID-19?

Family and friends 



Social/support groups

Yoga/exercise/walks 



Mindfulness/meditation