

# Navigating Transitions

Now What? Journeying Through Community  
Reintegration...

November 15, 2017

Presented by:  
Wendy Johnstone  
Manager, Navigator Program  
Nanaimo Brain Injury Society

**Transitions are all about change. They are a normal part of the journey after brain injury and can't be avoided.**



# NAVIGATING TRANSITIONS

1. Figure out your biggest need or know your biggest challenge
2. Take stock of your resources
3. Plan, Do, Study, Act



# PLANNING FOR TRANSITIONS



# TAKE STOCK

## Challenge or Need

I want to stay in my own home

### Personal Capacity

Do I have the functional ability to stay here? If not, who will help me? Do they have the ability?

### Financial Resources

What will it cost me to stay here as my needs change? ie., renovations, accessibility, can I afford private care and support in home, etc

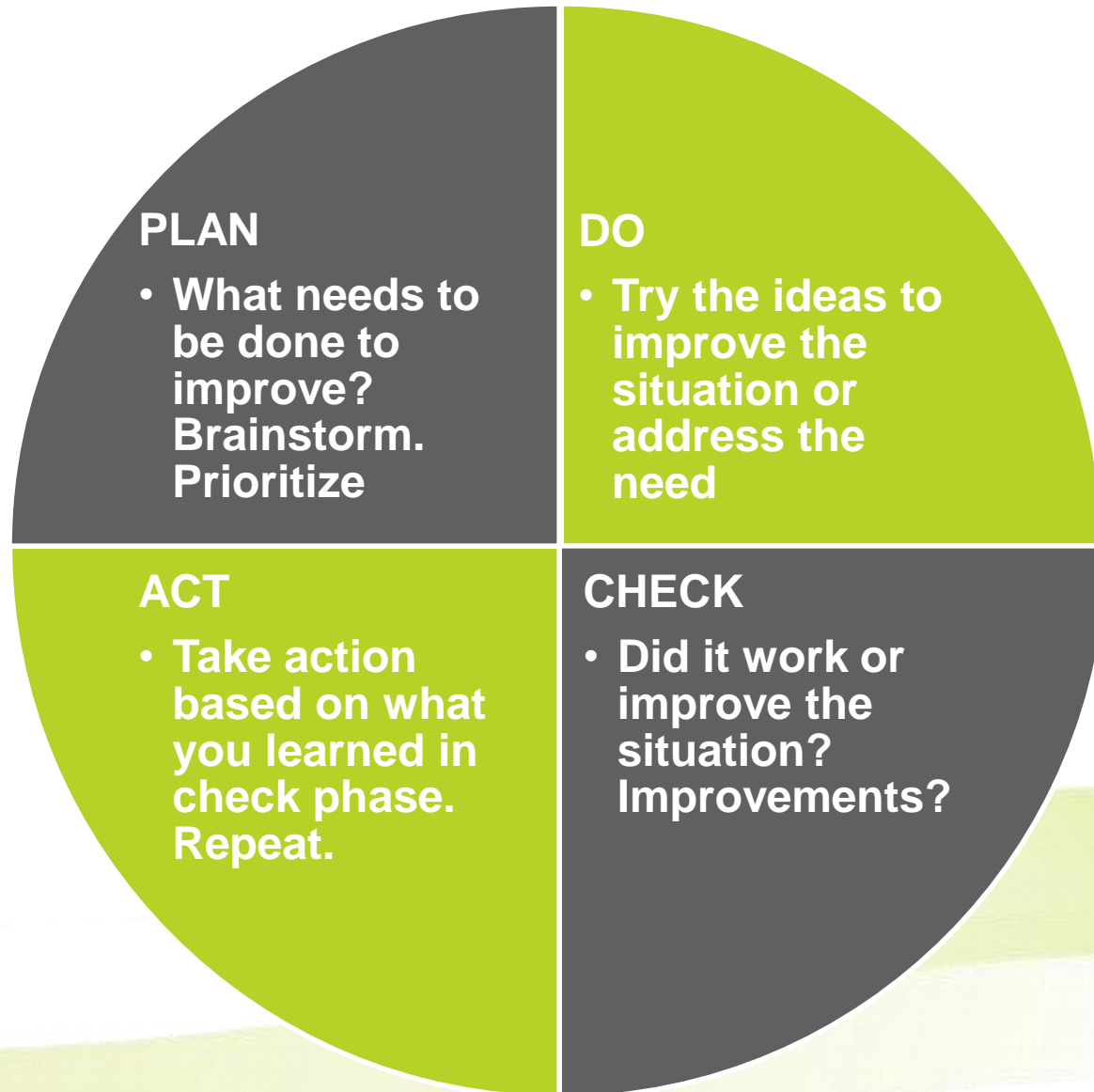
### Informal resources

Do I have family or friends that can help me stay in my own home when I can't? What can they help with? How much are they willing and able to do?

### Formal Resources

What programs and services exist to help me stay in my own home? ie public health care system, government programs, subsidies and private services

# PLAN-DO-CHECK-ACT



# QUESTIONS?



**THANK  
YOU FOR  
ATTENDING**

# CONTACT US

Nanaimo Brain Injury Society  
285 Prideaux Street  
Nanaimo, BC V9R 2N2

Tel: 250-753-5600

Fax: 250-751-5607

Email: [navigator@nbis.ca](mailto:navigator@nbis.ca)

[www.nbis.ca](http://www.nbis.ca)

[www.facebook.com/nanaimobrain](http://www.facebook.com/nanaimobrain)

Manager, Navigator Program  
Wendy Johnstone