



BIAN

Brain Injury Association of Niagara

BRAIN INJURY ASSOCIATION OF NIAGARA

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Mission

The Brain Injury Association of Niagara is committed to empowering and maximizing the quality of life for individuals living with the effects of an acquired brain injury and their families through support, social activities, community and peer opportunities, advocacy, and information. We are committed to education, awareness, and prevention of brain injury in St. Catharines and the Niagara region.



OPPORTUNITIES AT THE CLUBHOUSE



- Socializing and being around others who understand what it is like to live with a brain injury
- Sharing skills, learning, and creating new things
- Menu planning, cooking together, and sharing meals
- Helping to guide the direction of program offered at the Clubhouse monthly (Arts, Music, Exercising, Baking, Board Games, Horticulture, etc)
- Engaging in recreation and leisure opportunities
- Contributing to the Brain Matters Newsletter written and created by members of BIAN

General Membership Information

- Annual Membership Cost: \$60.00
- Members gain access to attend BIAN's OASIS Clubhouse
- Members may participate in the Peer Support Program
- Members gain access to Support Groups (facilitated support groups)
- Members are entitled to attend our Virtual Workshops (Education, wellness and ABI focused workshops)
- Members may attend BIAN's Special Events (Summer Picnic, Holiday Party, etc)
- Members are entitled to vote at BIAN's Annual General Meeting (Wednesday, June 12th 6:00pm - 8:00pm)





OASIS CLUBHOUSE

Hours of Operation: Monday - Thursday 10:00 AM - 3:00 PM

Cost for lunch: \$3.00

Cost for Pops and sparkling water \$0.50

As a member of the Brain Injury Association of Niagara, you have the opportunity to access our Oasis Clubhouse. The Oasis Clubhouse is a community centre for people living with brain injury. It's a place where people get together to share their ideas, skills, and interests. The Clubhouse is an active, 'doer' environment where members have the opportunity to expand their horizons, establish new friendships, and achieve their potential.

Clubhouse Structure

The Work-Ordered Day Structure: The Clubhouse day is structured around meaningful work. Members choose to complete tasks that directly support the operations of the Clubhouse – from advocating for brain injury services, menu planning, writing a newsletter article, cleaning the facility, collecting and recording lunch funds or preparing lunch. Members are encouraged to solve problems and control the sequence of projects within work units, leading to improved cognitive skills.

The community-based Clubhouse model is founded on the principle of peer support, member direction, and individual needs. Recognizing that each person has skills that make them an important contributor to the community. By focusing on abilities rather than disabilities, the clubhouse environment provides a strong emphasis on skill acquisition and role restoration for each member. Group activities help members assist each other in accomplishing skills and improving awareness in a peer-supported manner.



Membership Eligibility



Brain injury clubhouses exist to support the realization of meaningful and productive life in the community. Promoting personal success and self-sufficient living for people who have experienced an acquired brain injury.

- Membership is available to adults (18+) who have an acquired brain injury and are living in the Niagara region
- All members must be independent in managing their self care in order to attend any group, special event and/or activity
- Be able to take medication independently
- Be able to participate with minimal supervision
- A caregiver or support staff is required to attend with the member when this is not possible
- Not pose a threat to the health and safety of the clubhouse
- Be motivated to make progress toward personal and programmatic goals

Support Staff Expectations



- Be present and engaged while with member (limited cell phone use)
- Provide as needed assistance with toileting/continence control (BIAN staff are unable to provide assistance)
- Monitor / provide as needed assistance with ambulation (independently or with the aid of a walker, wheelchair, or other assistive device)
- Assistance with communicating member needs or emergencies
- Provide supervision as necessary and assistance with task preparations
- Assistance with member specific medication
- Further reinforcement of the health and safety guidelines of the clubhouse
- Provide motivation to member to make progress toward personal and programmatic goals