Post-Webinar Resources

Community Concussion Talks

Supporting Older Adults with Concussions: Expert and Caregiver Perspectives

Tune into the webinar here: https://www.youtube.com/watch?v=trVB8ox27sQ

Trudy's Key Takeaways – From the Caregiver Perspective

1. Develop and maintain good tracking habits for yourself and your family member/ loved one. Make sure to document their symptoms over time, practitioners you have seen, and other non-concussion related medical care. Be sure to forward all information to your physician.
2. Keep advocating! Ensure to follow up regarding any appointments
3. Do your research! Be sure to look for evidence-based and government approved information
4. Take care of yourself! Be sure to lean on other family members / friends if possible and be sure to take time to do the things you enjoy.

Dr. Sharon Johnston's- What You Can do as a Patient or Caregiver

1. Ask your doctor about falls and / or head injury
2. Watch for signs after a fall

3. Keep a fall diary
4. Focus on safe return to function, guided by symptoms and co-morbidities
5. Advocate for follow-up and referrals when needed
6. Look for support resources:

TRANSCENDENT Concussion Research Program:
https://www.transcendentconcussion.ca/outreach

Ontario Caregivers Organization: https://ontariocaregiver.ca/

https://concussions.ontario.org/patient-version