

# Understanding Concussions: Awareness and Education for Community Members and Professionals



April 2, 2025

10:00-11:30am MDT

Concussions are a common yet often misunderstood injury that can have lasting effects on daily life. This session will provide a comprehensive overview of concussions for both the general public and healthcare professionals. Participants will learn about the causes and symptoms of concussions, effective management strategies, and available resources to support recovery.

**\*\*Please note that this session will not be recorded or uploaded to our website.**



## Learning Outcomes:

- Define a concussion and recognize common symptoms
- Identify appropriate steps to take following a concussion, including initial care and recovery strategies
- Apply practical symptom management techniques to support healing and daily functioning
- Access and share available resources for individuals recovering from a concussion

## Speakers:

**Kailey Owens, MScOT (she/her)** Registered Occupational Therapist. Kailey has worked at Brain Care Centre for more than 2 years providing Occupational Therapy for clients to help them learn strategies to manage the cognitive and physical changes that occur after brain injury. Aside from individualized occupational therapy, Kailey also facilitates group sessions and BCC's Concussion Recovery Program.

**Shayna Scarpino, MC (she/her);** Support Facilitator. Working towards her Provisional Psychologist registration, Shayna has been with Brain Care Centre for the past year. In her work with Brain Care Centre, Shayna facilitates the Mental Health portion of the online Concussion Recovery Program, as well as multiple support groups and classes including the Caregiver Support Group, Concussion Support Group, and Understanding Brain Injury.



Target Audience:

Individuals with concussion, healthcare professionals, educators, coaches, caregivers.

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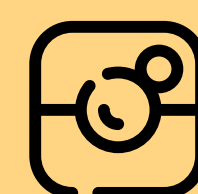
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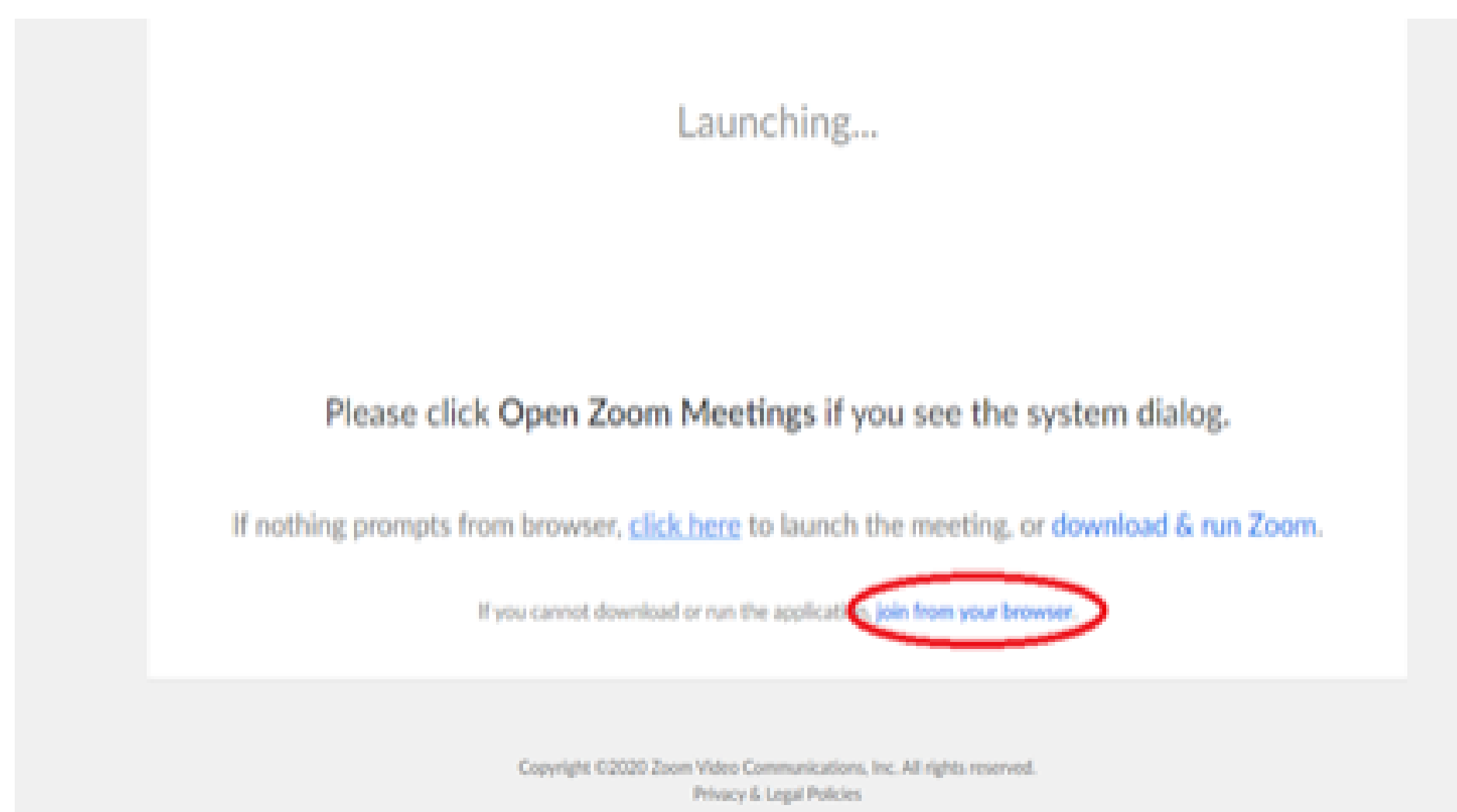
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