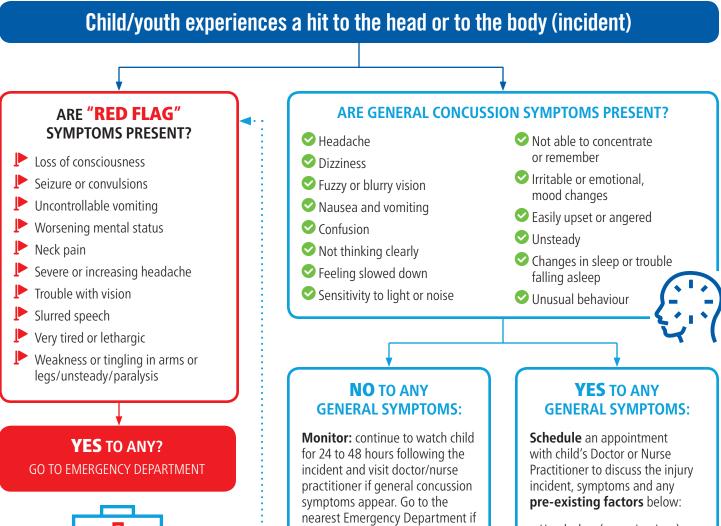
# PARENT'S PATHWAY For Child and Youth Concussion

FOR USE BY PARENTS AND CAREGIVERS | APPROPRIATE FOR AGES 5 TO 18 YEARS Every child/youth suspected of a concussion should be seen by a medical doctor or nurse practitioner



Red Flag symptoms appear.

- Headaches (e.g. migraines)
- Previous brain injury/concussion
- Attention Deficit Hyperactivity Disorder
- Learning disabilities
- Mental illness



### PUBLIC HEALTH

1-877-464-9675 TTY: 1-866-512-6228 york.ca/concussion

# **MANAGING YOUR CHILD'S CONCUSSION RECOVERY**



**Rest** is most important for the first 24 to 48 hours. Following the 24 hour period of rest, encourage light activity only as tolerated.

Get informed about concussion injury recovery:

- Check for symptom changes regularly (at least once a day)
- Child will need physical and mental rest with regular naps and sleep
- Limit activities that require concentration like reading, computer use, video gaming, playing musical instruments and driving if applicable

**Tell** the child's school if a concussion is suspected or diagnosed. School boards have concussion policies to manage students with a concussion. Coaches, trainers and activity leaders outside of school also need to be informed. **Return** to Doctor/Nurse Practitioner if general concussion symptoms last more than one to two weeks to reassess and monitor for any signs of ongoing, persistent symptoms. Ask for a referral to a concussion specialist if symptoms last more than four weeks.

**Return to learn and play:** Children and youth should not return to play or activities until they have successfully returned to school.

### If child has pre-existing factor(s):

Be aware that recovery may take longer — weeks to months

**Watch** for anxiety, depression and risky behaviour and, where necessary, immediately seek referral for mental health services

**Monitor** closely and take child to a concussion specialist if symptoms last for more than four weeks

# **BRAIN INJURY MANAGEMENT SUPPORT SERVICES IN YORK REGION**

# **Emergency Room Departments**

TRIAGE, TREATMENT, ADMITTANCE AND REFERRAL

Mackenzie Health: 10 Trench Street, Richmond Hill. Tel: 905-883-1212

Mackenzie Health Urgent Care Centre: 9401 Jane Street, Vaughan Tel: 905-832-4554

Markham-Stouffville Hospital: 381 Church Street, Markham. Tel: 905-472-7000

Southlake Regional Health Centre: 596 Davis Drive, Newmarket. Tel: 905-895-4521

## **Finding Concussion Programs**

Holland Bloorview Kids Rehabilitation Hospital Concussion Clinical Services (18 years and under) hollandbloorview.ca/programsandservices/Concussioncentre/ Concussionservices

Canadian Academy of Sport and Exercise Medicine (Sport-related concussion) casem-acmse.org/physician-directory/find-a-sport-medicine-doctor

## **Return to Learn/Return to Play**

SCHOOL BOARD POLICIES AND RESOURCES FOR MANAGING STUDENTS WITH CONCUSSION

York Region District School Board <u>yrdsb.ca/Parents/Pages/concussion-Management.aspx</u>

York Catholic District School Board Policy 212 – Concussions <u>drive.google.com/file/d/0B0-HXDw45sKAVkNhX1hsVVFGVVE/view</u>

#### Resources

#### York Region Public Health



Injury prevention resources, including concussion york.ca/concussion

# Holland Bloorview Kids: Concussion Handbook for Parents and Kids

Resource to help with concussion management and recovery <u>hollandbloorview.ca/programsandservices/Concussioncentre/</u><u>Concussioneducation/Handbook</u>

#### **Concussion Awareness Training Tool**

Online course cattonline.com

#### **Ontario Government Concussion Web Portal**

Resources for students, parents, educators and coaches <u>ontario.ca/concussions</u>

#### Parachute

Concussion resources parachutecanada.org/concussion

#### **Ontario Brain Injury Association (OBIA)**

Support for people living with the effects of acquired brain injury (ABI) <u>obia.ca</u>