Early Response Concussion Service (ERCS)

The GF Strong Early Response Concussion Service (ERCS) is an early intervention and follow-up service for clients living with the effects of a recent concussion or mild traumatic brain injury (mTBI). An Occupational Therapist provides the ERCS interventions.

This service is available for clients who:

- are age 19 or over;
- have had a recent concussion; and
- live in the Vancouver Coastal Health Region

Services provided:

- Upon receipt of a referral, all clients are mailed an package that includes general information about concussion and guidelines for self-management of recovery;
- Clients will be invited to attend a group info session led by the ERCS Occupational Therapist.

Further intervention from the ERCS Occupational Therapist may include:

- Follow-up phone consult with clients who have questions/concerns about symptoms and/or recovery;
- Identification of risk factors that may contribute to symptom prolongation and/or delay return to work/school;
- One-time individual consultative meeting with the client who is experiencing significant post concussion symptoms that affect their daily life and/or the client at risk for symptom prolongation and/or delayed return to work/school;
- Provision of detailed information about the brain and how it functions; as well as realistic expectations about recovery from mTBI specific to the client;
- Provision of suggestions and strategies on how to self-manage post concussive physical, cognitive and/or emotional symptoms and gradually resume participation in activities at home, school or work
- Contacting/collaborating with the client’s Family Physician and other involved service providers with recommendations for rehabilitation, including referrals to community resources;
- Facilitation of a consultation with a Physiatrist at GF Strong Rehab Centre regarding medical management of persisting or escalating post-concussive symptoms when appropriate.

Clinician Referrals:

- Health care providers can fax a referral to GF Strong Rehab Centre
- Referral form found online here: http://www.vch.ca/403/7676/?program_id=512

Client Self-referral:

- A client may contact ERCS directly. An information package will be mailed to the client, including a blank referral form.