

GF Strong Adult Concussion Services (GFACS)

The GF Strong Adult Concussion Services (GFACS) offers 2 streams of service:

1. GFACS Group Education Session

- *An Occupational Therapist provides group-based education about concussion recovery and self-management skills.*

2. GFACS Rehabilitation Program

- *Time-limited concussion treatment emphasizing self-management for clients with prolonged concussion symptoms.*

How to refer: All referrals must be made by a Physician or Nurse Practitioner. This program does not accept self-referrals. Please see the link below for the referral form and more information about the program: http://www.vch.ca/Locations-Services/result?res_id=811

Referral criteria: must live within VCH, aged 18+ years old, diagnosis of concussion/mTBI less than 1 year ago. Individuals with **ICBC or Worksafe BC** related injuries are **NOT** eligible for GFACS.

There is currently no wait time for the GFACS program. The GFACS Rehabilitation Program offers both in-person and zoom sessions.



MyGuide: Concussion is a customizable online guide for adults with concussion or those wanting to learn about adult concussion.

MyGuide Concussion has 3 goals:

1. To **inform** you about concussion and recovery
2. To **equip** you with tools and skills
3. To **empower** you with confidence to take action

Check out: <https://concussion.vch.ca/>

Or scan the QR code:

