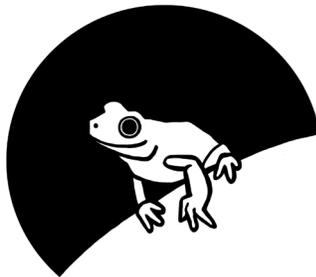


Brain and Spinal Cord Living Engaged and Actively with Pain (LEAP) Service

For people living with brain or spinal cord conditions who want to learn how to cope with their pain

Read this pamphlet to learn more about:

- What we do
- How we can help you cope with your pain
- How to apply



Toronto Rehab Brain and Spinal Cord

LEAP Service

Living Engaged and Actively with Pain



Patient Education



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

What we do

We help people live better lives with brain or spinal cord conditions and pain.

Clients normally have these questions about pain:

- What is happening to me?
- What can I do about it?
- Is medication my only choice?
- It hurts to move. How can I get more active?
- How can I best cope with the stress?
- How can I get a better night's sleep?
- How do other people cope with this pain?

Our team includes **Occupational Therapists** and **Physiotherapists**. We can help clients answer many of these questions and learn skills to cope with pain.

Inpatient services

Can I use this service?

If you are staying on the inpatient units at Toronto Rehab in one of the programs listed below then you may use this service.

- Spinal cord injury
- Brain injury
- Stroke
- Multiple sclerosis

What can I get from this service?

If you want to learn about pain and ways to deal with it in the short and long term then this service may help you.

We offer:

- A one-time virtual or telephone session with you to talk about pain and ways to cope with your pain other than taking medications

Outpatient services

Can I use this service?

If you have been treated in the Brain and Spinal Cord Rehab program at Toronto Rehab in the last 2 years then you may use this service.

What can I get from this service?

If you are ready to take an active role to manage your pain then this service may help you:

- Learn ways to live well with less pain
- Learn about how pain works
- Try strategies to live a more active and full life with pain
- Practice relaxation techniques
- Start a gentle movement routine
- Get support from peers with pain

We offer:

- Virtual group classes
- Limited in-person classes

How do I get referred to the LEAP service?

A therapist, nurse or doctor from Toronto Rehab's Brain and Spinal Cord Rehab Program can make a referral.

LEAP Resources

You can access the following pain self-management resources created by LEAP:

- Pain self-management workbook: "Changing Your Pain Pathways: Ways to cope with pain in daily life"
 - Available to purchase through all major online book retailers
 - Available from the Toronto Public Library in paper and e-book formats
- Guided relaxation tracks and gentle exercise videos
 - YouTube Channel: LEAP Service
 - www.youtube.com/c/LEAPService

Where do I find LEAP service?

We offer services at these Toronto Rehab locations:

- 345 Rumsey Road
- 550 University Ave
- 520 Sutherland Drive

Please see www.uhn.ca for maps.

Please note that many of LEAP's services are offered through videoconferencing, so you can attend from anywhere in Ontario.

Who do I contact for more information?

Toronto Rehab – University Health Network
345 Rumsey Road
Toronto, ON M4G 1R7

Phone: 416 597 3422 extension 5298

Email: LEAP@uhn.ca

Fax: 416 597 7160

Website: www.uhn.ca



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