

## AUTO INSURANCE CHANGES MEANS REDUCED REHABILITATION BENEFITS

Effective September 1, 2010 your automobile insurance will reflect huge reductions to your accident benefits. Rehabilitation and medical benefits will be **reduced from \$100,000 to \$50,000** and attendant care benefits from **\$72,000 to \$36,000** for non-catastrophic injury claims. Additionally, non-catastrophic injured clients will no longer have housekeeping and primary caregiver benefits. You will have the option of 'buying up' your benefits back to the original amounts when you renew your insurance for a minimal cost.

*Consider this synopsis under the new legislation:*

*A single mom is involved in a motor vehicle accident and suffers mild traumatic brain injury. She may require occupational therapy, physiotherapy, speech therapy and psychological therapy to help her recover. The cost of all of these services will come out of her \$50,000 including the assessment costs associated with each service. Additionally, with no available caregiver benefits, she has no insurance funds available to help ensure her child receives proper care and supervision while she rehabilitates.*

These are serious changes with serious implications should you be involved in a motor vehicle accident and sustain injuries. Like most insurance, you hope you never need to access it but your quality of rehabilitation could depend on it if you do. Be sure to discuss your options with your insurance company or broker. Want to know what questions to ask? E-mail us at [info@skillbuildersrehab.com](mailto:info@skillbuildersrehab.com) and we will send them to you.

## LOL \* BRB \* OMG = TEXTING TROUBLES

R your thumbs killN U? Texting is the latest craze and this repetitive action has thumb injuries on the rise. Movement of the thumbs puts tendons at an odd angle of pull leading to fatigue in the thumbs and forearm. This injury is a form of tendonitis and over time, the fatigue may turn to pain. If left untreated, the tendons will become inflamed making even the simplest of tasks such as holding a pen difficult.



If you this have this condition or another source of pain, physiotherapy may benefit you. Give us a call and ask!

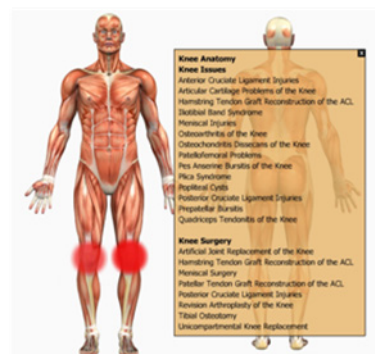
## ONE TREE AT A TIME

We're doing our part to cut down on the use of paper in our office. We love to keep you up-to-date with things going on in our clinic and based on our client survey last year, most of our clientele is very internet savvy. With this in mind, we've introduced a new web based e-newsletter and will be reducing our regular postal mailings to two times a year. If you would like to sign up for our e-newsletter, visit the home page of our website.

## PATIENT EDUCATION

Want to know more information about your injury or condition? Simply visit our new *Patient Education* section on our website. This great new interactive tool will help you understand certain conditions that you may have. Our website is now the only resource site you will need to visit! Articles are intended to be used as an informative tool only.

We would love to have your feedback on this new area of our website. Send comments to [paula@skillbuildersrehab.com](mailto:paula@skillbuildersrehab.com).



## CLINIC NEWS

### *Expansion of Driving Program*

- Our driving program has expanded by leaps and bounds. In order to serve our clientele better, we have acquired a second driver training vehicle and welcomed **Driving Instructor, Brent Turner**.



### *A Real Go-Getter...*

- Congratulations to physiotherapist, **Iveta Doktor-Inglis** for recently completing a course on Vestibular Rehabilitation. Iveta joins Colleen and JR becoming our third therapist to treat dizziness problems. Iveta adds this specialty service to her practice which also includes treating incontinence, lymphedema and assessing for orthotics.

### *Baby News...*

- Congratulations to Occupational Therapist, **Alison Poole** who recently gave birth to a healthy baby girl, Mya. She's a real cutie pa-tootie and we wish Alison the best during her maternity leave.

### *New Occupational Therapist Joins Us...*

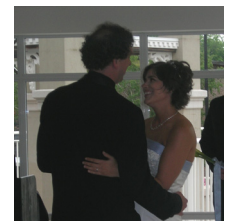
- We welcome the experience of Occupational Therapist, **Rose-Marie Anrig** who has taken on a full case load both with Alison's clients and new clients.

### *Community Partners Information Fair...*

- Our services coordinator, Paula Richards, recently attended a community fair at the Community Care Access Centre (CCAC) in Barrie. We were pleased to provide brochures and information regarding how our services may benefit CCAC clients or anyone else they know!

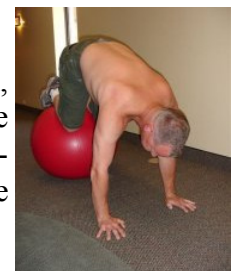
### *Wedding Bells are Ringing...*

- Congratulations to Registered Massage Therapist, **Jenn Barker** who recently said "I Do!" We wish Jenn & Greg a lifetime of happiness together.



## IS YOUR HOME EXERCISE PROGRAM OUTDATED?

When you attended our facility were you given a home exercise program? Since then, maybe it has become too easy to complete these exercises. Perhaps you need to provide yourself more of a challenge to continue strengthening those muscles and working on endurance of these muscles that helped you feel better in the first place. Let us help! Give us a call and let us know that your home exercise program needs an update.



## SPREAD THE GIFT OF HEALTH

Do you have a friend, family member or co-worker that could benefit from our services? We appreciate your confidence in us, and appreciate any referrals you send our way. Have them call us today to discuss how physiotherapy can help. To request an appointment online, visit our home page at [www.skillbuildersrehab.com](http://www.skillbuildersrehab.com).



*No referral necessary.*