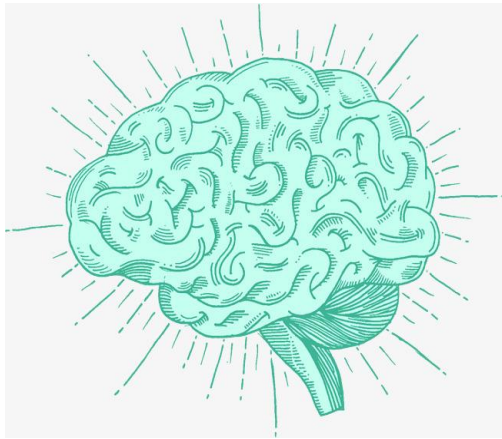


Participate in Research

Move and Connect: A holistic, interdisciplinary program of care for youth experiencing persistent symptoms post-concussion and their caregivers



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Bloorview
RESEARCH INSTITUTE

Canada's Only Hospital-Based
Childhood Disability Research Institute

Holland Bloorview
Kids Rehabilitation Hospital

Are you a caregiver of a youth with concussion symptoms?

You can participate in a research study to participate in a group-based intervention that provides peer support and education on concussion symptoms and related topics for caregivers.

What is this study about?

Move&Connect-Caregivers is a group-based intervention to caregivers of youth with persistent concussion symptoms (PPCS). The goal of the intervention is to provide caregivers with education including youth persistent concussion symptoms, family well-being and problem-solving skills as well as social support as caregivers share information on their experiences.

Who can participate?

We are looking for:

- Caregivers whose children have been diagnosed with a concussion by a physician or nurse practitioner and have been experiencing concussion symptoms for > 4 weeks.
- Must read and understand English
- Should be willing to engage in weekly sessions
- Access to reliable internet connection (preferred)

What's involved?

- Six weeks of intervention delivered virtually on the video conferencing platform *Zoom*, or in-person at Holland Bloorview Kids Rehabilitation Hospital (based on preference) once per week for 60 minutes.
- Participants will complete a set of questionnaires on stress, parenting competency and mental health before and after the program and during a 3-month follow-up.
- Participants may also be invited to give your feedback on *Move&Connect-Caregivers* in an interview

What are the benefits and risks of participating?

- Your feedback will help us in improving the *Move&Connect-Caregivers* program.
- Some participants may feel uncomfortable being in a group setting.