Checklist For Preparing For Court for People Living with ABI

Before Your Court Date: How to Prepare

- [ ] Set a reminder for your court date in your phone and/or on paper and ask someone you trust to remind you.
- [ ] Save important phone numbers, such as your lawyer's, to your phone.
- [ ] Make a plan and travel to the courthouse before the actual court date to get familiar with the building and travel time.
- [ ] If you're driving, figure out where you will park beforehand.
- [ ] If you're on public transit, make sure you have a bus pass or tickets and learn the route schedule.
- [ ] Talk to someone about how you are feeling.
- [ ] Try to get a good night sleep before court.

On the Day of Your Court Date: What to Bring

- [ ] Any medication you may need.
- [ ] A lunch or snack and a water bottle.
- [ ] Self southing devices.
- [ ] Devices you may need to limit triggers (headphones, earplugs, sunglasses.) Lighting in courtrooms may trigger ABI symptoms.
- [ ] Your court binder and any needed documents (including paperwork which says what courtroom you're supposed to be in.)
- [ ] Your Brain Injury Identification Card to help explain assistance you may require.
- [ ] A support person with you (if needed.)

Important Things to Remember:

- [ ] Make sure you're not carrying any work tools, weapons, sharp objects, firearms, explosives, devices designed to stun or immobilize, incapacitating sprays or gases.
- [ ] Arrive on time and be prepared to wait.

BIST
Brain Injury Society of Toronto

ABI JUSTICE

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