

# Brain Injury Services



**Enabling and supporting recovery**

Central Referrals 0800 218 2398  
[www.partnershipsincare.co.uk](http://www.partnershipsincare.co.uk)

  
**Partnerships in care**  
Changing lives for the better



## Brain Injury Services

The uniqueness and complexity of the difficulties an individual experiences as a consequence of a brain injury requires a service to offer a flexibility of approach that can promote rehabilitation on a variety of levels.

The overall aim of Brain Injury Services is to provide assessment, treatment, rehabilitation, support and continuing care for men and women who are 18 years of age and over, who have an acquired

brain injury and suffer from neuropsychiatric, neuropsychological, personality, cognitive and behaviour disorders in consequence of their brain injury.

With sites in Essex and Northampton, Brain Injury Services is able to provide a complete care pathway, tailoring the treatment in order to meet the individual and changing needs of the patient as they progress.





## Service Objectives

The service objectives are to:

- Provide specialised assessment for each individual by the multidisciplinary team
- Design and deliver individual specific treatment/therapy, rehabilitation programmes aimed at addressing the behavioural, neuropsychiatric, neuropsychological, cognitive, functional and physical sequelae of acquired brain injury
- Recognise each individual's potential to attain their optimum level of independence through the medium of individual, group and community based therapy and training programmes
- Operate a care pathway that can facilitate the progression of patients/residents from a 'locked' rehabilitation unit (Elm Park) or a social care provision (Grafton Manor) onto community

houses (Elm House, Elm Cottage or Grafton House), where increased independence is developed. Patients can join the care pathway at any stage. Our units and community houses provide a safe therapeutic environment and the patients are fully supported by the multi-disciplinary team through each transitional period as they move through the service.

## Facilities

### Brain Injury Services, Essex

#### Elm Park, Ardleigh, Essex

Elm Park is a seventeen bed locked rehabilitation unit located in Ardleigh, Essex. It is a three story building with patient areas situated on the ground and first floors. Bedrooms are situated on the first floor with stairs and lift access. The unit is able to accommodate up to three individuals who are wheelchair users. On the ground floor there is a spacious dining room, communal lounge, separate rest rooms, a recreation room and a training kitchen. The unit provides an additional room accessed via the garden area that is utilised for

individual, group sessions with patients and formal patient related meetings. Elm Park is surrounded by extensive grounds, within which there is also an enclosed garden that doubles as a recreational area and a place to relax in fine weather. Individuals are also supported to access the nearby facilities in the local community.

#### Admission criteria

- Men who are 18 years of age or over
- Have sustained an acquired brain injury whose sequelae may be neuropsychiatric, neuropsychological or behavioural
- Must not have a history of deliberate self harm or of absconding from low secure or medium secure establishments
- Elm Park is able to accommodate up to three individuals who are wheelchair users and who meet the admission criteria
- Elm Park can admit individuals who are formally detained under the appropriate completed assessment/treatment section of the Mental Health Act (1983)
- Elm Park is able to admit voluntary or informal individuals who meet the above admission criteria.



### **Elm House, Arlesford Essex and Elm Cottage, Elmstead Market, Essex**

Elm House and Elm Cottage respectively are two three bedroom houses situated within neighbouring villages and in close proximity to Elm Park. Both houses are equipped to meet the changing needs of the individuals who live there and are staffed by a dedicated team. The emphasis within both Elm House and Elm Cottage is to provide a supportive homely environment and facilitated access to community facilities to promote maximum independence.

#### **Admission Criteria:**

- Men or Women who are 18 years of age or over
- Who are informal or voluntary
- Individuals with a degree of dependency relating to their acquired brain injury, for whom quality of life is a primary feature of care needs
- Individuals who need care and support in order to maximise their independence
- Individuals with mild/moderate behaviours which challenge social skills, as well as cognitive and functional deficits as a result of an acquired brain injury.



## **Brain Injury Services, Northampton**

### **Grafton Manor, Northampton**

Grafton Manor is a 17 bedded, Grade 1 listed building set in 6 acres of grounds in Northampton. Adapted to meet the needs of the residents receiving rehabilitation, it maintains a homely environment. With access to the bedrooms on the first floor, it contains 13 en-suite bedrooms. Grafton Manor also offers a bed-sit and flat to establish a graded approach to increased independence with ongoing support and supervision from the staff. To continue the rehabilitation pathway there is also a two bedroom flat in close proximity to the Manor, equipped to further nurture and develop the skills required for less supportive living and prepare a person for the next stage of their rehabilitation and recovery.

Within the grounds is a multi-purpose centre equipped with gym apparatus, physiotherapy and a large area to facilitate activities and sessions such as arts and crafts or music with a kitchen area for refreshments and toilet facilities.

#### **Admission criteria:**

- Men or women over 18 who have an ABI or other neurological problem which requires cognitive behavioural rehabilitation
- Informal or voluntary patients
- Patients who present with complex or challenging physical cognitive or behavioural difficulties.

### **The Chantry, Northampton**

The Chantry is a five bed unit within the grounds of Grafton Manor. It is equipped to provide a home for men and women with physical cognitive and behavioural difficulties who require long term care to enable them to maintain a high quality standard of living with access to community facilities. With the emphasis on long term care, it can make full use of the therapeutic and clinical support at Grafton Manor with a team of experienced staff providing structure and stimulating programmes of activities.





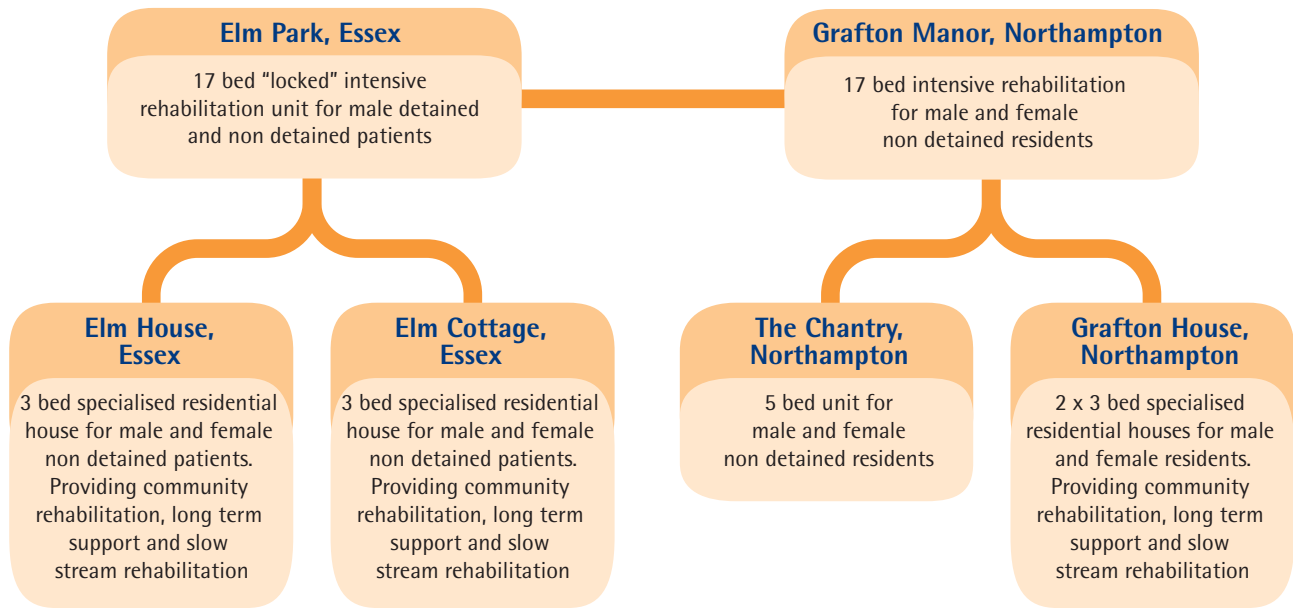
**Admission Criteria:**

- Men and Women who are 18 years of age and over
- People who are informal or involuntary
- People who require close supportive care to address their enduring difficulties
- Individuals with mild or moderate physical or behavioural difficulties that may preclude them from independent living.

**Grafton House**

**Admission Criteria:**

- Men and Women over the age of 30
- Full range of mobility – as bedrooms are on 1st floor
- Often admission from a more supportive environment in which the level of supervision is no longer needed or from home where a person is finding it difficult to manage.



# Treatment Programmes



During their stay within Brain Injury Services each patient will have their own rehabilitation programme aimed at helping individuals to reach their optimum level of skill and ability. Programmes are individually designed for each person's specific needs and may comprise of one or a combination of the following:

- Risk Management, including:
  - Behaviour analysis
  - Environmental risk analysis (variable settings)
  - Controlled exposure or withdrawal of structured support to work towards independence
  - Assessment of future accommodation and environment to enable safe and sustainable discharge
- Behaviour programmes, including:
  - Behaviour modification programmes
  - Incentive programmes

- Medical interventions, including:
  - Therapeutic use of medication
  - Physical health assessment and treatment
- Cognitive re-training:
  - Memory
  - Attention
  - Problem solving
  - Executive skills
- Functional skills, including:
  - Activities of daily living
  - Interpersonal/social skills
  - Life skills
  - Community independence
  - Vocational skills
  - Aids and adaptations
- Communication skills, including:
  - Functional communication
  - Individual communication programmes
  - Individual eating and swallowing programmes
- Mobility, including:
  - Functional mobility
  - Individual mobility programmes

- Neuropsychology, including:
  - Individual or group-based training and therapeutic programmes within the cognitive behaviour therapy model including:
    - Impulse control including anger management
    - Family therapy and support
    - Anxiety management
    - Self awareness/insight therapy
- Neuropsychiatric intervention, including:
  - Support with physiological needs
  - Review of mental state
  - Support with voluntary, informal and detained status
- Leisure and recreational pursuits are facilitated according to patients' individual interests.



# Multidisciplinary Team

Clinical expertise, programme development and monitoring are provided through a collaborative approach delivered by a team comprising: Consultant Neuro-Psychiatrist; Consultant Neuro-Psychologist; Speech and Language Therapist; Physiotherapist;

Occupational Therapist; Nurses and Rehabilitation Workers.

This team promotes a proactive and regular review which as a result enables the patient to move through the treatment pathway onto suitable discharge.

All individual's care within Brain Injury Services is planned, delivered and monitored through adoption of the Care Programme Approach.



# Case Study – Sally

Sally, aged 48, was found collapsed on the floor complaining of headache and in a confused state. She was taken to hospital, and after a variety of tests a Lumbar puncture indicated Herpes Simplex and Encephalitis.

When in hospital Sally presented with extreme hyperactivity and became distressed when attempting to explain her needs. There were safety issues and she was noted to interfere with the care of other patients.

On admission to Grafton Manor she talked at length about family and work in a repetitive manner. Her processing of information was markedly slow. She has significant word finding problems and there were lapses in her speech while she 'searched' for the correct word.

Her encephalitis resulted in both cognitive and behavioural deficits including hyperactivity, dysphasia, confusion, poor decision making, agitation, reduced concentration,

lack of insight, reduced stamina, fatigue and impaired initiation.

Sally presented with marked neglect of self-care consistently stating that she had a shower earlier although this was not the case. She was unable to initiate tasks, was resistive to eating and displayed demand avoidance behaviour.

The multidisciplinary treatment Sally received at Grafton Manor included:-

- Introduction of a morning hygiene routine
- Eating procedures put in place
- Behavioural incentive programme introduced to address avoidance to eating
- Graded community programme to address demand avoidance behaviour, promote social skills, decision making
- Domestic skills sessions
- Maintaining effective and consistent communication with family

- Encouraged family to adopt meal "set-up" when on home leave and encourage decision making and re-development of independence.

Sally's progress was encouraging. She now independently followed a daily shower routine and ate all her meals. Her social skills deficits were addressed by introducing the incentive programme once used for her avoidance to eating.

A discharge meeting was held five months after admission and once the home carers were trained by Grafton Manor staff, Sally was later discharged with a care package in place.

Feedback since discharge is that she has maintained a high level of independence with ongoing support and transferred the skills gained to home living.

## Further Information and Referrals

Information and referrals may be made directly to either of the Brain Injury Services establishments in writing or by telephone to Lisa Bartlett-Bradshaw, Business Development Manager/ Referrals Coordinator  
Tel: 0800 197 2960

### **Brain Injury Services, Essex**

Tel: 01206 231 055  
Fax: 01206 231 117  
E-mail: [elmpark@partnershipsincare.co.uk](mailto:elmpark@partnershipsincare.co.uk)

### **Brain Injury Services, Northampton**

Tel: 01908 543 131  
Fax: 01908 542 644  
E-mail: [graftonmanor@partnershipsincare.co.uk](mailto:graftonmanor@partnershipsincare.co.uk)

Or by contacting the PiC 24 hour referrals helpline on 0800 218 2398.

