



Specialist support for people with brain injuries



Jim Weir is responsible for developing Lifeways' services for people with Acquired Brain Injuries (ABI).

He has extensive experience in the UK and the US, including managing hospital-based rehabilitation services, developing a national network of specialist return-to-work services, the development and management of specialist domiciliary care services and supporting living services. Jim is a former chairman of the of the ABI special interest group of the European Platform on Rehabilitation. Jim has given evidence to a House of Commons Select Committee and ministerial advisory group on the development of opportunities for people with ABI.

Lifeways is a national provider of specialist supported living services for people with an acquired brain injury living in their own home. We provide community support to people with acquired brain injury throughout the country.

Lifeways' support packages vary. They are delivered in partnership with Case Managers, Commissioning and purchasing authorities, or through the process of individualised budgets in conjunction with the individual and their family.

Supported Living: Lifeways can provide round-the-clock packages depending on the complexity of the case and offers help in finding suitable accommodation. Our approach is rehabilitative, aiming to enable individuals to develop a range of independent life skills.

Specialist Assessment: Lifeways is unique in appointing experienced brain injury professionals who work to support the management of ABI referrals. A Brain Injury Services Manager supports each individual to assess their needs. This assessment is integral to the individual's care plan and risk assessments and forms part of the support team's training programme.

Transitional Support: Working collaboratively with referrers, Case Managers and family, we encourage a graduated approach to the introduction of support workers. Many of our support packages are designed to gradually reduce as the individual progresses.



Lifeways recognises that provision of support to individuals with acquired brain injury is a specialism. We are committed to delivering highly effective support to meet the complex needs of individuals who have sustained a brain injury. We ensure every person's needs and wishes are taken into account, giving them choice as to how they use our services. We will consult family members, Case Managers and advocates and work closely with health and rehabilitation professionals to ensure that each individual's progress is monitored.

With the introduction of Individualised Budgets, Lifeways can help service users and their families choose a support package that matches their requirements. Our specialist support teams are trained not only to understand and cope with the specific brain injury deficits of an individual, but also to anticipate the more subtle difficulties associated with returning into the community.

Lifeways' support workers are carefully matched to each individual with an acquired brain injury to ensure that they possess the necessary skills and personality to make a real difference to that individual's life. Regular reviews are arranged by the brain injury team to ensure that support teams remain competent and confident in providing the best possible service, particularly in circumstances when the individual's presentation is particularly challenging. The brain injury team is available to provide assistance both to support teams and directly to clients and significant others.

We are able to meet the needs of individuals who require registered care, supported living and support in their own home. Funding for our services is often a complex mix which may include legal claims, Individualised Budgets, direct payments, ILF, PCT or Local Authority funding and self pay.

Lifeways Community Care Ltd,
118 Garratt Lane, Fisher Building, London SW18 4DJ.
Tel: **020 8877 1338**
Email: info@lifeways.co.uk
www.lifeways.co.uk

 **Lifeways**
Brain Injury Services



We recognise that a brain injury can affect all aspects of life. That is why Lifeways' Support Workers are trained to deal with these issues and offer specialised support to help you re-build life skills and promote independence. Our Support Workers can help manage complex and challenging behaviour and promote and assist in the rehabilitation process.

Our goal is to promote your independence and move forwards with your life ideally, where possible, helping you to live without support and perhaps go to college or work.

Returning to live in the community after spending time in hospital or other rehabilitation facilities can be a frightening time for you and your family. It is common to feel isolated and anxious about the future. We know that you may feel that you are not in control and this can affect your confidence. Our support workers understand how you may be feeling and will work with you to rebuild your confidence and skills you need to lead a fulfilling life.

A brain injury doesn't just affect an individual. Family and friends may struggle to cope with many of the changes which have taken place and struggle to know how best to support their loved one. Our specialist support teams understand these changes and approach individuals and their families sensitively and effectively. They possess the knowledge, empathy and initiative to make a real difference.

Our services can provide as much support as an individual requires. This may be anything from 20 hours per week to 24 hours per day. Support is provided either within an individual's own home or within a supported living environment, where individuals live together and share support.

Lifeways Community Care Ltd,
118 Garratt Lane, Fisher Building, London SW18 4DJ.
Tel: **020 8877 1338**
Email: info@lifeways.co.uk
www.lifeways.co.uk

 **Lifeways**
Brain Injury Services



The goal of the support team is to 'enable' an individual to lead a fulfilling life. This may include help with practical tasks, such as remembering appointments, paying bills or other daily routines. We can help with planning and organising activities. However, it is the way in which the support is provided with practical tasks that dictates the effectiveness of the support. Our Support Workers are on the front line in terms of an individual's long-term rehabilitation; wherever possible they will 'support' rather than 'do for' the individual to achieve the maximum level of independence. Support may also be required to enable an individual to cope with the wide range of emotional and behavioural difficulties associated with their injury.

Lifeways' support workers are trained intensively by appropriate professionals to ensure they are well equipped to cope with this challenging and unique role. They themselves receive ongoing support to help them to do the best possible job for their clients.

Every individual with an acquired brain injury referred to Lifeways has a specialist assessment from a member of the brain injury team. The assessment highlights the individual's key needs and associated challenges. This helps us to develop a comprehensive support plan and risk assessment.

In every area, dedicated specialist Service Managers are responsible for day-to-day management of the support service, with high level specialist input provided by the brain injury team. A designated Team Leader will be appointed to supervise the Support Workers who deliver support to the client. Team Leaders and Support Workers are trained intensively in order to provide the most effective rehabilitation and support service. The brain injury team is responsible for ensuring that all specialist support teams receive appropriate training.

Lifeways Community Care Ltd,
118 Garratt Lane, Fisher Building, London SW18 4DJ.
Tel: **020 8877 1338**
Email: info@lifeways.co.uk
www.lifeways.co.uk

 **Lifeways**
Brain Injury Services

At just 18 years old John from Staffordshire, was enjoying life and training to be a gas fitter. Then one night when John was driving home, his car was involved in an accident, killing his friend.

Over 35 years have passed since John's crash and the injuries he suffered are still with him. Without the support he receives from Lifeways, John would struggle to carry out even the most basic daily chores.

Now aged 53, John is living in his own home, supported by Lifeways, where he receives help with daily living skills such as cooking and cleaning.

John said: *"I don't think I could cope, had it not been for Lifeways. Because I have trouble remembering to do things, they really help me organise my life. Without them I would be lost."*

"It's been three decades since my accident. However the repercussions still remain - but with Lifeways' help I have learned to deal with it."



John received extensive brain injuries which left him in the intensive care unit at Staffordshire Hospital for seven weeks.

After three years in recovery, he was finally able enough to start work again. Unfortunately, due to the extent of his injuries, he could no longer pursue his career as a gas fitter because he lost all sense of smell. Eventually John found another career working for an electrical company, where he spent the next 20 years.

However, even though John finally managed to get his life back on track, he is still plagued by the injuries he endured decades before. Due to the impact on his brain, John suffers from short term memory loss.

John said: *"I can remember everything clearly right before my accident. But for the past few decades, I just have trouble getting my head around small day-to-day tasks."*

John is now hoping to get back into work and is looking for a career in gardening.

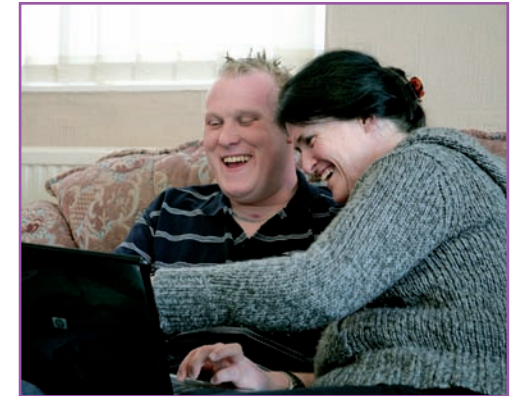
In 2004, Kevin from Euxton, Lancashire had everything to look forward to. At the age of 19, he was working as an apprentice and studying to be a painter and decorator at Preston College. However, just days before Christmas he was involved in a serious road traffic accident, thrown from his motorcycle and left with severe brain injuries.

With support from Lifeways, Kevin has been able to piece his life back together.

Kevin, who is diabetic, endured injuries to his back, neck, hands and shoulder as well as losing his sight in one eye.

After spending several months in intensive care at Royal Preston Hospital, Kevin finally came round only to be told he may never walk again. Also the severity of his brain injuries left him without the ability to speak and short term memory loss.

Devastated by the news, Kevin was then moved to a rehabilitation unit where, after five months, he learned to walk again and slowly began to talk.



Kevin said: *"It was really frustrating at the time because I couldn't move, talk or even think properly. I didn't really understand what was happening to me."*

"Then after spending time in the rehabilitation unit, I eventually learned how to do basic things like talking. Even though my speech was still slurred, I knew it was only the start and that I would eventually get better."

Kevin, now 24 years old, is living in his own home in Chorley, where he receives support with daily living skills.

He said: *"The support I have received from Lifeways has been amazing. Now I am able to do things I never thought I could do, like cooking for myself and cleaning the house."*

"It's day to day tasks like these which people to take for granted. However, after my accident I thought I would never do any of this again. Lifeways has definitely given me back my independence."

Five years have passed since Kevin's accident and now he's looking forward to the future where he will hopefully fulfill his ambition of becoming a painter and decorator.

Seven years ago Michelle from Runcorn, Lancashire, was working as a carer, helping people with complex needs. Now she is the one receiving the care and support from Lifeways, who are helping her to piece her life back together after a serious car accident.

In 2002 Michelle visited her father in New York to tell him some exciting news. She had just got engaged and wanted to share her joy with her family.

However, Michelle's celebration was short-lived as she and her father were involved in a devastating car accident, which nearly took her life. Even though her father was unharmed, Michelle's injuries were so severe that her heart stopped twice.

As a result of her brain injuries, doctors said it was unlikely that Michelle, who was then aged 38, would ever walk, talk or even feed herself again. She woke up from her coma 11 months after the accident to discover the extent of her injuries.

Michelle said: "I remember waking up and not being able to move. I had to push myself to get better because I was determined that I was not going to spend the rest of my life in that condition."



After spending 12 months in a New York hospital, Michelle was finally allowed to travel home where she continued her treatment at Holton Hospital in Runcorn, and eventually began to walk and talk again.

Michelle said: "One of my main goals is to go back to that doctor who said I'll never be able to walk and talk and show him what I can do. I feel really proud of myself because I have beaten the odds."

Having defied some of her biggest challenges so far, Michelle still has a long way to go. As a result of her brain injury, Michelle suffers from short term memory loss, which has caused her to have difficulty concentrating and for her speech to be impaired.

Having been supported by Lifeways for the last six years, Michelle now aged 45, is well on her way to achieving her goal for greater independence.

Michelle said: "I really appreciate the support I have been given by Lifeways. I now feel more able to do things on my own. I'm currently working up to spending the night by myself and then hopefully leaving the house on my own. Considering I was told a few years ago that it was unlikely that I would even be able to feed myself, it's a really big achievement."

Seven years ago Neil from Staffordshire, had everything going for him. He ran a successful boat building business, was the GPI4 boat racing world champion, and was happily married with a child.

However at just 41 years old, Neil's life collapsed.

As he was building a boat, Neil suddenly suffered a serious stroke leaving him with severe brain injuries. He was unable to talk or think clearly and could not feel the left side of his body.

Neil said: "It was hard to come to terms with because my life was great before the stroke. Suddenly I couldn't do anything. It was really frustrating because I couldn't even communicate with my wife and son. It really turned my whole life upside down."

Neil spent the next few years at various hospitals but he is now on the road to recovery. He is studying key skills in Maths and English Literature at college and is hoping to learn how to drive again.



Now with support from Lifeways, Neil has been able to turn his world around again.

For the past two years, Neil has been receiving support to help him with daily activities and college work. Neil said: "The help I have been given from Lifeways has enabled me to get back into the real world. They are full of encouragement, which has given me the opportunity to reach my full potential. They have set a series of goals for me to achieve."

Neil found the stroke had brought out the artist in him. Neil said: "I find painting and sculpting really therapeutic because it's practical and helps me focus. I find the better I become at art, the better I feel about myself."

Now aged 48, Neil has come a long way since his stroke seven years ago. He is now looking forward to a brighter future.



Lifeways

Brain Injury Services

Head Office:

Lifeways Community Care Ltd,

118 Garratt Lane,

Fisher Building,

London SW18 4DJ.

Tel 020 8877 1338

Fax: 020 8877 9543

Email: info@lifeways.co.uk

www.lifeways.co.uk