

# Brain injury services

Specialist support for people living with an acquired brain injury

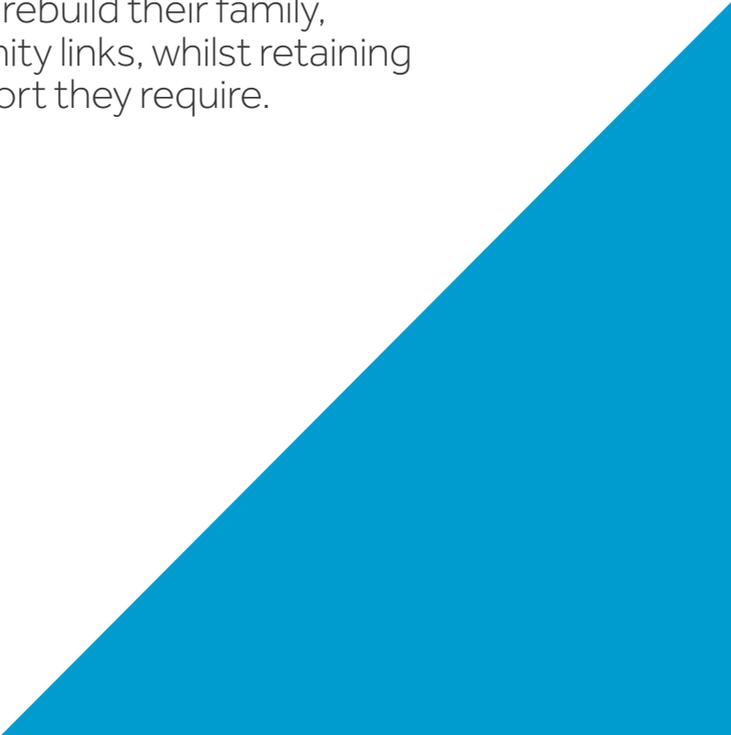


## The people we support are at the centre of everything we do

Lifeways is one of the UK's leading providers of support services for people with diverse and often complex needs in community settings.

Since 2009, our award-winning specialist services have helped people with Acquired Brain Injuries (ABI) across the UK. We assist them to move from often remote inpatient rehabilitation services back to their own community, so they can rebuild their lives.

Our services focus on providing specialist support for people within their own home. This helps them to rebuild their family, social and community links, whilst retaining the specialist support they require.





## **We enable each person to think about and plan what they want, now and in the future**

Whether it's supporting people for a few hours each week to 24-hour support for complex needs, we place every person at the centre of their service.

Our flexible, personalised packages of support are tailored to meet individual needs. We adapt our support according to the progress people make. Our aim is to help each person move towards greater independence.

We listen to the people we support and take their whole life into account. Through work, college, volunteering, shopping, meeting friends and family, enjoying a hobby or playing sport, we support and encourage each person to access opportunities, activities and facilities open to everyone in the community – supporting them to be active members of their community. We create an environment where people can live the life they choose to live by delivering a service which has a positive impact on their life.

# Our approach



**With a commitment to innovation and excellence, we put personalisation into action. Our specialist ABI support team has a strong background in brain injury rehabilitation and community supported living.**

Using person-centred approaches we listen to, and work with, each person and their network of support to help them plan their support. By putting in place detailed support plans, risk assessments, and by working in partnership with family members, case managers and health and rehabilitation professionals we are able to monitor people's progress and adapt our support as required.

## Supported living

We put together unique packages of support whether the person needs somewhere suitable to live or 24/7 care and support in their own home.

We connect people with acquired brain injuries. Our supported living services give people the opportunity to live together, with support from our dedicated members of staff. We work with housing associations, private landlords and local agencies around the UK to provide community-based care.

## Transitional support

Returning to live in the community after spending time in hospital, or other rehabilitation facilities, can be an intimidating and daunting time for people with an acquired brain injury and their family members. They might feel isolated and anxious about the future. Our aim is to make the transition process as easy and as stress free as possible for the person and their circle of support.

## Residential care

Our houses, bungalows and flats give people the opportunity to live together and benefit from 24/7 support from our dedicated members of staff. Some are in the heart of the city; others are in the countryside or close to the sea. Specialist equipment and facilities include hydrotherapy and sensory rooms, fully accessible wet rooms and ceiling track hoists.

## Facts about brain injury in the UK

- Acquired brain injury includes injuries caused by trauma, and medical conditions such as a stroke, haemorrhage or tumour
- 1 million people a year attend hospital accident and emergency departments following a head injury
- Around 135,000 people are admitted to hospital each year with a brain injury



**“What is important to Zak is to listen to what he wants and tailor things to meet his needs. Before he moved into his own tenancy he was living in his family home, so the move to supported living has been a big step and his independence is growing.”**

**Shirley Sievewright, Lifeways  
ABI Development Manager**

**“My aim is to live independently one day and I’m interested in a job in the care sector. So my support team enrolled me on the Lifeways’ e-learning programme, which has helped me to learn more about the support worker role and why my staff do what they do.”**

**Zak, who has an acquired brain injury and is supported to live in his own bungalow in Leyland**



"In Walsall we developed an innovative scheme for two men with an acquired brain injury. They'd been living in large residential units several miles from the city. Both have complex behavioural needs but wanted to live more independently, closer to their families.

Lifeways worked with Walsall Council to establish a supported living service for both men which has improved their quality of life and reduced costs for the local authority.

We've used innovative mainstream technology to help the men come up with strategies for dealing with memory problems – developing structure in their daily lives.

They use a Google calendar application on their mobile phones for text messages and prompts to take medication, and to check in with staff and ask for help. Global Positioning System (GPS) technology in their smartphones helps them access support from staff and map out journeys with a route planner.

Our service is tailored to each individual to enable them to achieve the maximum level of independence, safely. We work hard to innovate and we look at each individual's circumstances to create solutions that work for them."

**Jim Weir**, Brain Injury Development Manager at Lifeways

## Offering choice and flexibility



**We work with individuals to build their confidence and skills to lead a fulfilling life. We ensure that we do a good job of listening to what each person really wants and the life they would like to live, helping them put this into practice.**

Our aim is to give the person as much choice as possible when choosing their support team, encouraging them to be as involved as much as they are able to be. All members of a person's support team receive specialist training to meet the needs identified in their assessment.



## Lifeways is life changing



### **Our flexibility provides excellent outcomes and clear value for money**

Funding for our services is often a complex mix and can include legal claims, personal and individual budgets and local authority and health funding.

**Personal budgets** puts each person at the centre of their support, gives them greater control and freedom over the care and support they receive and provides them with a clear understanding of how much support they are entitled to and how they will receive their support. They allow people to get the support they need and services that suit them.

**"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 take for granted. After my accident I thought I would never do any of this again. Lifeways has given me back my independence."**

Kevin, who has an acquired brain injury as a result of a road traffic accident and is supported in his own home with daily living skills

**Each person we support  
can expect to feel:**

 **Heard**

 **Valued**

 **Respected**

 **In control**

 **Independent**

 **Included**

**Every person we support can be confident that we will:**

- Support them to make the right choices about the support they receive
- Provide them with the flexibility to adapt to their needs and aspirations as they develop
- Help them decide who will support them to achieve their goals
- Enhance their life skills – supporting them to develop their independent living skills and build and maintain their family and social network
- Enable them to access social, leisure, education and employment opportunities and activities open to everyone in the community
- Promote and respect their dignity, privacy, independence and choices



## Sam's\* story



"I was 19 when I had a stroke. It meant I needed a wheelchair, help getting around and looking after myself.

I was moved out of my local area to a specialist brain injury rehabilitation centre and then a large service far from home in Buckinghamshire. I was unhappy there and didn't have much contact with the other residents and staff.

I wanted to be closer to my family and friends and meet other people, so I decided to move to a Lifeways' supported living house in High Wycombe.

There is a great support team here and I have my own one-to-one support worker, Sarah\*, who is helping me with things like preparing meals, moving from sitting to my wheelchair, washing and dressing.

Sarah is slowly helping me to take more on myself. I've become friends with some of the other tenants and am now working with them to set up a social enterprise. We hope it will lead to employment opportunities for all of us.

**Lifeways has helped me develop my skills. They've had a huge impact on my life. Now, I need less support and am much more independent."**

\*Names have been changed

# Contact us

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## To hear more

Please get in touch to find out how Lifeways can help you.

## To make a referral

If you're a family member, health professional or social worker, contact us to talk through how we can help.



Call: 0333 202 7185



Email: [referrals@lifeways.co.uk](mailto:referrals@lifeways.co.uk)



Visit: [www.lifeways.co.uk](http://www.lifeways.co.uk)



**“The help I have been given from Lifeways has enabled me to get back into the real world. They are full of encouragement.”**

Neil, a former boat racing world champion, who has severe brain injuries following a stroke



Please visit our website at [www.lifeways.co.uk](http://www.lifeways.co.uk) to find contact details for your nearest Lifeways Area Office.

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