

BIRTie

The Brain Injury Rehabilitation Trust Information Exchange

Issue 17, Autumn 2009

Features: page

Look After Your Head winner.....	2
Glasgow grabs the headlines.....	3
Welcome to Wales.....	3
Excellence in Workforce Award.....	4

www.birt.co.uk

Expert Partnerships: new pack highlights best outcomes

Following its development of two innovative partnerships to provide specialist neuro-rehabilitation services, BIRT has developed an Expert Partner Pack aimed at prospective partners who may wish to join in replicating the models elsewhere in the UK.

Goole Neuro-Rehabilitation Centre (opened 2007) is a partnership between BIRT and Northern Lincolnshire and Goole Hospitals NHS Foundation Trust and provides post acute and community integration rehabilitation services. York House (opened 1999) is a 28-bed independent neurobehavioural rehabilitation service developed in partnership with

The Retreat, a leading mental health charity.

BIRT has identified that outcomes achieved through partnership working, to both partners and other stakeholders, include:

- reduced costs
- improved clinical outcomes
- reduction in inappropriate and out of area placements
- better use of clinical resources
- a seamless pathway of care for complex neuro-rehabilitation services.

The Expert Partner Pack details the benefits of partnership working, what



BIRT offers as an expert partner, and clinical outcomes from GNRC and York House in 2008. For a copy of the Pack, to arrange a visit to either service or for an informal discussion about partnership working please contact Lynn Turley at director@birt.co.uk or telephone 01444 239123.

CARF success - again!

BIRT is celebrating the announcement that the Commission on Accreditation of Rehabilitation Facilities (CARF) has re-accredited all its brain injury services for a period of three years. This is the second consecutive Three Year Accreditation that the international accrediting body has awarded to BIRT, and the highest level of accreditation that can be awarded to an organisation.

BIRT was the first brain injury rehabilitation service in England to receive the prestigious CARF accreditation in March 2006. Goole Neuro-Rehabilitation Centre, which was surveyed for the first time in May 2009, received a special commendation.

Lynn Turley, Service Director, BIRT said "We are delighted to have received this accreditation again. To achieve it, we have put ourselves through a rigorous peer review process and have demonstrated to a team of surveyors that our services are of the highest quality, measurable and accountable".

For more information about CARF, the survey experience, and our survey report, see our special CARF Bulletin.



Welcome to BIRTie, particularly delegates at our International Conference.

I would like to thank Irwin Mitchell solicitors, our main sponsor, and the conference team for all their hard work.

We are delighted that we have been re-accredited by CARF. My congratulations go to everyone for their hard work, particularly in preparing for the survey itself.

We are all very excited about the imminent opening of Graham Anderson House in Springburn, Glasgow and I

would like to offer a warm welcome to Service Manager Carol Dale and the new staff.

**Lynn Turley
Service Director,
Brain Injury Rehabilitation Trust**

Look After Your Head messages reaches 30,000 children and teenagers

Brain Injury Awareness Week 2009 was our most successful yet. We ran our fourth Look After Your Head national campaign, reaching over 15,000 young children who learned key safety messages through our free Educational Resource Pack.

For the first time this year, BIRT targeted and reached 15,500 teenagers through its free and brand new Awareness Raising Resource Pack (ARRP). The ARRP featured a true life story written by Ashley Cousins, one

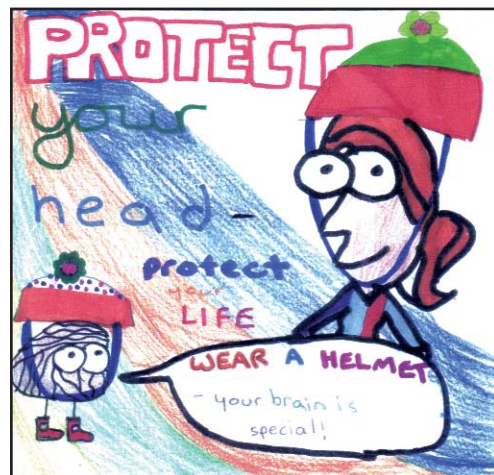
of BIRT's service users, whose photograph and message *Take My Advice: Look After Your Head* was used to promote the campaign. BIRT would like to say a very special thank you to Ashley Cousins for all his help, involvement and enthusiasm in this campaign.

BIRT thanks MASS (Motor Accidents Solicitors Society) for sponsoring the Look After Your Head competition prizes: 12 bikes and helmets for younger children, and 12 Nintendo Wii Fit for teenagers.

The national winning poster design (right) by Anna Purdue of Stanwix Primary School, and national winning slogan (to be kept under wraps until 2010!), by Megan Howcroft of Hook

Youth Club near Goole, will be used in our 2010 campaigns.

BIRT staff and service users were joined by family members and corporate



partners in a series of team challenges, fundraising and awareness raising events to mark Brain Injury Awareness Week 2009. See www.birt.co.uk for more details.

Dr Clare Ramsden, Clinical Neuropsychologist at Kent House, recently attended the International Neuropsychological Society mid-year meeting in Helsinki, Finland, and the 6th Satellite Symposium on Neuropsychological Rehabilitation in Tallinn, Estonia. She presented posters discussing research conducted at Kent House examining the impact of an acquired brain injury on professional musical skills and a project looking at



assisting people with a severe acquired brain injury to set their own rehabilitation goals. The conferences were an excellent opportunity to engage with researchers and clinicians from around the globe, in two beautiful settings.

Now we are 10!

York House had a special celebratory 10th birthday party in July which was well attended by referrers, funders and community groups. Staff presented information on the achievements of the last 10 years and new developments, including the alcohol awareness programme, family support group, and the opening of Aldgarth House. Since 1999 York House has provided rehabilitation and care for 167 service users, with the majority moving on to lead fulfilling lives in more community based settings.

Slovenia impresses with vocational opportunities

Zavod Zarja is an organisation in Slovenia which provides long-term rehabilitation, care and support to adults with acquired brain injuries. Three of its clinicians had visited BIRT in October 2008; Zavod Zarja then invited Barrie Oldham, the Disabilities Trust's CEO, and Lynn Turley, BIRT's Service Director, to make a reciprocal visit in June 2009.

Lynn and Barrie met representatives from Zavod Zarja's management and clinical teams to learn about their aims and objectives. A tour of the residential, supported living and day

care facilities followed where Lynn and Barrie had chance to meet staff and service users. Lynn said "I was particularly impressed by the vocational opportunities available for their service users, including production of cards and jewellery, and cultivating and packing Shitake mushrooms, all of which are then sold to the public."

By the end of the visit, Zavod Zarja and BIRT had agreed a number of ways that the organisations can work together in the future for benefit for their respective service users.

Glasgow grabs the headlines!

Work is almost complete on BIRT's new service in Glasgow, Graham Anderson House. A successful recruitment campaign run in conjunction with Jobcentre Plus Springburn produced over 500 completed job applications and the first tranche of staff are about to start their induction training. The service, which is due to

open in October, has already received a significant number of referrals for the first service users. Assessments are now taking place prior to the first admissions. We look forward to opening the first of what we anticipate will be a number of brain injury services in Scotland.



The Paddock: now open in Devon

The Trust is delighted to add to its continuum of care The Paddock, a newly opened four bedroom bungalow in Cullompton, Devon. The Paddock has been extensively refurbished to provide specialist support to individuals ready to move on

from our intensive rehabilitation units, but who need a community environment that is fully wheelchair accessible. The Paddock has been specially adapted to maximise the opportunity for community living for those who have higher physical needs.



Community Services moves into Hampshire and Lancashire

Community Services has just opened its latest supported living property: a four bedroom bungalow, Oakley Lane, near Basingstoke. The bungalow, home to three service users, is well appointed with level access and is close to local facilities.

Community Services has also successfully tendered to provide supported living services for three citizens in



Fleetwood. This is being developed using the "In Control" model. Service will commence in September.

Croeso i Gymru – Welcome to Wales

The Welsh Assembly Government is currently considering the details and design of BIRT's new venture in Llanelli, South Wales. This consultation, which is in addition to the normal planning process, will ensure that the scheme fits in with the overall design concept for the prestigious Delta Lakes site. Based on BIRT's successful model of rehabilitation using the neurobehavioural

approach the new service will meet the needs of people with acquired brain injury throughout Wales. Preliminary discussions with Carmarthenshire County Council have been very productive both in terms of securing the site and also from the social care perspective. Work will start on the site later this year subject to planning consent.

The Rehabilitation Resource Project -

Dr John Freeland reports on developing rehabilitation curriculum at BIRT

In 2008 BIRT addressed a number of challenging issues related to providing world class brain injury rehabilitation –

Challenge One: A busy and therapeutic schedule can only be devised within our resources if there are effective and well-designed groups included in the schedule each day.

Challenge Two: Developing very well organised group curriculum which does not require significant preparation for each group can be very time consuming.

Challenge Three: Taking advantage of basic technologies such as DVD-based videos requires expertise which some therapists may not have.

To address these challenges BIRT began a pilot project to develop rehabilitation curriculum with special emphasis on group materials.

Professor Mike Oddy and Dr John Freeland took on the role of advisors to two psychology Sally Craven and Megan Eve. The initial tasks included:

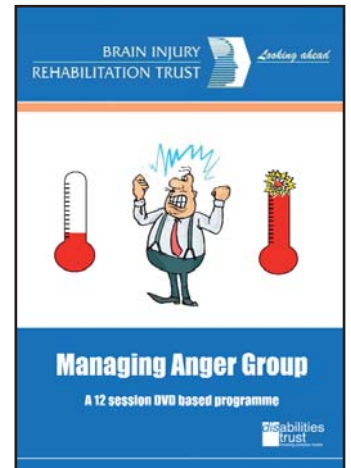
- Gathering resources that clinicians currently have.
- Consulting Rehabilitation Support Workers on their ideas/resources they would like to see developed.
- Drawing on the best parts of the resources to produce a hybrid of top quality.
- Developing video resources to use in rehabilitation

At the end of the first year we could not be more pleased with the results. Two group curriculums in particular have become part of the Core Curriculum for many of BIRT's rehabilitation services since their introduction this Spring.

The *Managing Anger Group* is a 12 session group curriculum

which is based around interactive DVDs. The groups include many video vignettes which model the use of anger management techniques. It uses semi-professional actors to demonstrate and model many common situations which can arise for our service users at BIRT. The interactive format allows participant to role play in the video scenes. A very important goal for this module was that preparation time for staff was minimal.

The *Understanding Brain Injury* module is designed to provide rich resources for group sessions. There are 13 video-based sessions which cover topics such as: *What is Brain Injury?*, *What is Rehabilitation?*, and common problems after brain injury such as *Attention, Memory and Executive Function*. Service users report enjoying the detailed curriculum designed to specific learning goals.



These are fabulous new resources which are already being met with enthusiasm by service users and staff alike. Stay tuned for upcoming new series on *Social Skills, Memory Strategy* and *Life Style Groups*. In September we will be welcoming to the project Emily Gage, who will be based at York House and Angharad Moorhouse, who will be based at Kerwin Court.

Dr John Freeland, Regional Consultant in Neuropsychology and Rehabilitation, BIRT

Excellence in Workforce Award for West Heath House

West Heath House, Birmingham, has been awarded first place for Excellence in Supporting Workforce Development by Bournville College. This is part of their annual Train to Care Awards which recognise outstanding commitment to training and development in the field of care.

West Heath House works closely with Bournville College to encourage and support staff to undertake NVQs and other training that equip staff with the necessary skills to provide

high quality support and care to service users at West Heath House. Brian Warr, Service Manager, said "All staff at West Heath House have an ongoing commitment to training. I am delighted this has been recognised by the Train To Care Awards."

West Heath House also celebrated its 10th anniversary in September with a themed *Sport For All* party in the garden for service users, their families and staff.