

## CASE STUDY Acquired Brain Injury

### The Service User

Robin\* suffered a brain injury at the age of 10 following a car accident. As a result of his injuries, Robin has limited insight and presents some challenging behaviour, which had been causing some friction in his family home. Robin also tires easily and has poor concentration when he is stressed.

### The Requirement

Interserve Healthcare started to support Robin at age 18 with a package of care during the day, both at home and at college. Our remit was to prompt with personal care, prepare meals, a budget, help him focus on his studies and also to engage in social activities. We chose a core team of workers, who had previously worked with individuals who had a brain injury, and provided them with additional bespoke training specific to Robin's requirements.

Robin could only process limited amounts of information at a time and would get frustrated and angry if he were to be asked a question that required him to process more information than he could cope with. We spent time working with Robin and his parents at the assessment stage, finding out the activities he enjoyed and produced a weekly planner on a whiteboard, with scheduled time in for activities that he could choose from a pre-prepared list the evening before.

We also did some work around Robin's lack of personal hygiene, as he did not want to get up in the mornings or have a wash. We did this by putting Robin in control of his routine. We went through Robin's morning routine step by step, including what time he needed to get up and what time he felt he needed to go to bed in order to wake up feeling refreshed. Robin and his Support Worker typed and decorated his routine, which they then laminated and put it in the bathroom. In the beginning Robin referred to his list numerous times, which then gradually decreased until he was able to undertake the routine without prompting.

Another serious area for concern was Robin's lack of understanding of road safety as he would frequently walk out into the road, so as part of his care package we worked extensively on this area and also supported and enabled Robin to plan and use public transport.

The outcome based care package changed and evolved as Robin got older, supporting him in his transition to independence. At 21 Robin's Mum passed away and his Dad relocated to be closer to Robin's grandparents.

As Robin's relocation required his care to be moved to a different Interserve branch, Robin's key worker from his previous care package spent 2 weeks supporting Robin and handing over to the new team of workers and additional training workshops were provided on Supporting Relationships and Sexuality, as getting a girlfriend was a big focus in Robin's life at the time.

### The Outcome

Robin did well at college and now has a part time job in a local supermarket, as well as taking part in a local amateur dramatics association, which he thoroughly enjoys. He is still living at home but is looking for a flat, as he would like to move out to become more independent. His episodes of challenging behaviour reduced to a point where it now only occurs very rarely.

Interserve Healthcare now only supports Robin once a week with shopping and budgeting and if required will increase our involvement when he moves into his own home for a period of adjustment.

*\*Service Users name has been changed for data protection.*