

1:1 COMMUNITY ENABLEMENT AND REHABILITATION

At Headway Cambridgeshire, we understand that 1:1 support in the home or in the community is often the best way to work with people living with a brain injury, and enable them to re-learn skills.

During an initial assessment with an Occupational Therapist, we identify the goals that the individual would like to achieve, and then match them with an appropriate member of our team. All our independence workers are highly skilled and trained to meet the needs of clients with a brain injury.

We will then work with the individual on a 1:1 basis, providing specialist support with activities for daily living, which are specifically designed to increase independence.



These could include:

- Re-learning how to use public transport
- Learning how to use the local library
- Meal planning and shopping
- Budgeting
- Managing cognitive challenges
- Researching and identifying appropriate community facilities
- Support into volunteering

CASE STUDY

Jason sustained a brain injury in an unprovoked attack six years ago. As a result he faces challenges with walking, cooking, and household chores, and experiences cognitive difficulties.

With the support of Jo, our independence worker, Jason is able to continue living in his own home, and receives support in a number of specific areas. She visits twice a week, providing support with shopping, cooking, cleaning the flat and helping Jason to access the gym.



JASON SAYS:

“Jo brightens up my day. I’ve progressed in the gym a lot, and my walking has got a lot better and my flat is a lot cleaner. My goals for the future are to continue living independently, to walk more, to get fitter and to eat healthier.”

PROFESSIONAL BENEFITS

A Headway Cambridgeshire Occupational Therapist will handle the service provided to the client on your behalf.

This includes:

- Holistic assessment of clients' support needs and goal setting
- Recruitment of staff with completed reference checks and enhanced DBS.
- Full training, including specialist training in Brain Injury.
- Regular supervision of staff
- Introduction of staff to clients to ensure they are well matched.
- Attendance at care plan meetings, reviews and liaising with other professionals as required.

Our independence service costs £24.85 per hour plus expenses incurred during service delivery.

For more information please contact us:

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INDEPENDENCE SERVICE



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