

# Removing barriers and building lives

## Enabling people with a brain injury to live their fullest life

As the first specialist UK neurobehavioural unit, Kemsley has led the delivery of person-centred care for over 40 years for people with a range of complex cognitive, physical and psychological needs following a brain injury. We help people to live well following a brain injury and equip them with the tools and ability to face the challenges they may encounter during recovery.



Acute or Crisis care



Short-term assessment  
and admission



Specialist neurobehavioural  
rehabilitation



Transitional living  
and support



Vocational skills  
development



Specialist Neurobehavioural brain injury services  
Kemsley Centre, Northampton

# Who we care for

We care for adults with a brain injury whose complex behaviour affects their quality of life or who present with a risk profile that is difficult to support in local acute or rehabilitation services. Our specialist neurobehavioural approach addresses existing mental and physical health needs. We offer rehabilitation to help a person understand their situation, build their resilience and develop the ability to cope with future life challenges.

**We also deliver separate on-site specialist care for those with progressive neurological conditions, such as complex dementia and Huntington's disease (HD).**



## Psychology-led model of care

Our expert teams have developed psychological interventions to enable social rehabilitation for men and women who present with a range of conditions alongside their acquired or traumatic brain injury. An interdisciplinary approach involves the patient, family and carers in the co-production of treatment plans and goal-setting, and our integrated care models offer parity between mental health and physical health, including long-term conditions.

*"People have had enriched and fulfilling lives with rewarding occupations and then when they suffer a traumatic brain injury the loss associated with the inability to walk, speak and make judgements can be difficult to understand."*

Consultant Psychiatrist, Neurobehavioural Services

*"We have a lot of patients that have lost hope by the time they come to us and we're there to support them in achieving their goals. To convince someone that's suffered a brain injury that we can try again together and to see them regain their hope and motivation is one of the best things about my job."*

Physiotherapist, Neurobehavioural Services

In addition to informal patients we also support people who have legal restrictions including; Ministry of Justice requiring secure care; those who are detained under the Mental Health Act 1983 (amended 2007) or those under a Deprivation of Liberty Safeguards (DoLS)



*"Being part of a real multi-disciplinary team means that as an Occupational Therapist I can focus on supporting a patient to achieve the goals that they have defined as important for themselves – that is what's important."*

Senior Occupational Therapist, Neurobehavioural Services

## Our therapies

Our psychological and occupational programmes are highly structured and tailored to the individual. They cover a wide range of core and targeted therapies, basic activities of daily living and community work placements. We empower patients in their own treatment and provide constant support and guidance to reinforce appropriate behaviour and skills. Our therapies:

- cater for those with intensive, complex and acute needs
- are delivered by a full-time MDT to consistently support very individual and changing needs
- offer individual and group therapy programmes tailored to specific social, rehabilitation and behavioural goals
- address functional and behavioural issues in areas of: communication, locomotion, self-care, inhibition, relationships and management of aggression
- include vocational opportunities across our beautiful 140 acre campus and within our retail services.

## An extensive on-site neurobehavioural MDT

Because all of our MDT are based permanently within our service at Northampton, we are able to provide the highest level of responsiveness to patients' needs. Our pathway is overseen by a Clinical Director and led by a dedicated team of Neuropsychologists and Clinical Psychologists. Our ward based teams also include qualified Nurses, Occupational Therapists, Speech and Language Therapists, Physiotherapists, Social Workers and Healthcare Assistants. We also provide access to resident Doctors to support medical needs.



### Biological

Optimising patient health and quality of life

Management of healthcare needs to support therapy and rehabilitation



### Psychological

Supporting emotional and behavioural issues

Managing mood and behavioural changes that affect/reflect how people feel



### Social

Testing ability to support pathway transition

The process of moving patients to greater autonomy

We assess physical, emotional and cognitive needs to construct programmes of enablement that allow progress through our service to the least restriction.

## Co-production across our Neurobehavioural services

Co-production between patients and the clinical teams are embedded in our neurobehavioural approach. On Rose ward, our forensic ABI service, this has led to the development of the Better Lives programme which encourages patients to take an active role in decisions about their own care via Positive Behavioural Support Plans and Feedback Time. Increasing patient involvement encourages ownership and responsibility, even within a necessarily restrictive setting and can help equip patients for their future in settings of lower security. The initiative has led to a significant reduction in aggressive episodes on the ward.





## Our service offer includes:

### Neurobehavioural Rapid Response

#### Short-term admission and assessment

We provide short-term admission and assessment for people with a brain injury or progressive neurological disorders, including, but not limited to, dementia or Huntington's disease, whose behavioural presentation or cognitive function has deteriorated and who require rapid stabilisation and specialist intensive intervention in a safe environment.

Working together with a person's existing community placement, our expert clinical teams are able to rapidly stabilise behaviour and provide short-term intervention which quickly returns the person to their community placement with a revised care plan and full medication review.

### Specialist Neurobehavioural Rehabilitation

#### On-going treatment and rehabilitation

##### Rose, Tallis, Tavener, Allitsen, Elgar

These services within our neurobehavioural pathway provide admission and on-going treatment for men and women. They offer safe environments which allow our expert clinical teams to understand the individual and their needs and work together with carers, families and community teams to develop rehabilitation programmes which provide the skills necessary to move forward.

The specialist clinical teams construct programmes of enablement, which utilise a full range of psychological, occupational and physical health therapy expertise to facilitate progress towards greater independence.

Rose offers an on-site neuro adult male pathway to and from medium secure services.

Tavener ward includes four unique self-contained flats that allow for testing of learnt daily living skills, cognition and behavioural management in a supported environment.

### Transitional living and support

#### Residential living, testing independence

##### Berkeley Close

Adjacent to our Northampton hospital campus lies Berkeley Close offering transitional living accommodation in a quiet residential community area. These services offer continuous MDT support and rehabilitation to help bridge the gap between hospital and supportive community living for people with an acquired brain injury.

### Medium secure services

##### Rose

Rose ward is part of our Neurobehavioural pathway on our Northampton hospital site. Using a consistent neurobehavioural approach, it supports adult men, many of whom have a forensic background, within a medium secure environment.

## Giving patients with a brain injury a voice – our on-site Social Work team

Embedded as part of the multi-disciplinary approach, Social Work plays a crucial role in ensuring that a patient's diverse social needs are effectively met as they receive hospital care and transition to other services. Things such as finances and access to benefits add to the pressures that patients, carers and families experience as people receive hospital care following a brain injury.

Our Relative Support Group has been helping families to process and deal with the aftermath of having someone affected by a brain injury since 2005. The monthly group brings people together in common situations and welcomes input from people within the care system who can help and offer support.

*"When this absolutely life-changing injury happens, it can be a great struggle, not just for the injured person, but for the family."*

*"It's easy to feel that you're the only one in this situation, that no one else can understand what a struggle it is... and that's a really hard situation to be in; it can lead to isolation and make a very difficult situation so much worse. But through family support, you can realise you aren't alone."*

Lead Psychologist, Neurobehavioural Services

*"Part of the role of social work is supporting family members and I think they are often forgotten in the world of mental health. It's an aspect of my job I really love and with many of our neuro patients coming to us from out of area it's really important for families to have a point of contact and to be able to access support too."*

Senior Social Worker, Neurobehavioural Services





## Vocational excellence

Our award-winning vocational services are at the heart of each patient's recovery plan. With dozens of courses, work environments and skills-based opportunities to choose from, patients can develop real-world experiences which help to build confidence and resilience. Services on campus are extensive, and we also partner closely with community services and educational institutions such as the University of Northampton.



## A blue-print for community living

Our highly tailored environments allow us to gradually explore the boundaries of ability and develop core skills that will help individuals progress towards transitional and community living. For people who present with inappropriate, impulsive, aggressive or self-harming behaviour we can test their skills over time and help local rehab teams to replicate care closer to home.

## Outcomes focused care

We utilise a range of established assessment and treatment tools, including those developed at our Kemsley brain injury centre, to develop, monitor and evolve the Care Treatment Plans of people in our care. We combine a structured approach towards positive risk-taking with:

- **SASNOS** (St Andrew's Swansea Neurobehavioural Outcome Scale)
- **SASBA** (St Andrew's Sexual Behaviour Assessment Scale)
- **OAS-MNR** (Overt Aggression Scale – modified for neuro-rehabilitation)
- **HoNOS-secure** (The Health of the Nation Outcome Scale for secure mental health)
- **FIM + FAM** (Functional Independence Measure + Functional Assessment Measure)
- **MOHOST** (Model of Human Occupational Screening Tool)
- **PBS Plan** (Positive Behaviour Support)
- **The Northwick Park Therapy Dependency Assessment**
- **The Mayo-Portland Adaptability Inventory**
- **RCS** (The Rehabilitation Complexity Score).

How to make a referral to our Brain Injury services

Please call: 0800 434 6690

Or email: [admissions@stah.org](mailto:admissions@stah.org)

