



**Sphere Memory and
Rehabilitation Team**

COMMUNITY **BRAIN** **INJURY** REHAB

12-week bespoke rehab package



SERVICE SPECIFICATION

We are a specialist Community Neurological Rehabilitation Team.

We use a hybrid model of evidence based neurological rehabilitation interventions, including face to face, telerehabilitation and use of Virtual Reality tools to ensure clients can practise their rehabilitation a little every day. We offer clients and their families the opportunity to access rehabilitation services in real life environments. Funders are not tied into block costs with major overheads. We offer a bespoke service, pulling in only the therapists the client needs. The average length of input with a client is 24 weeks.

Areas required for assessment:



Planning and Structure



Community Access



Cognitive Rehabilitation



Fatigue Management



Routines



Functional Assessments

A rehabilitation programme will then be developed and will inform the level of MDT involvement dependent upon clinical needs.

Objective functional assessments are completed and a bespoke plan written to best suit the needs of the client. The initial rehabilitation period is 12 weeks but following this, we offer a bespoke rehabilitation intervention and packages will differ in length of involvement (and complexity). Costings are provided on a 12-week rehabilitation basis followed by a review.

REHABILITATION ASSISTANTS

Sphere Rehabilitation Assistants are trained in the neurobehavioral model (understanding the link between brain and behaviour).

They are able to provide intensive input, in order to test out what level of support an individual will need in the community.

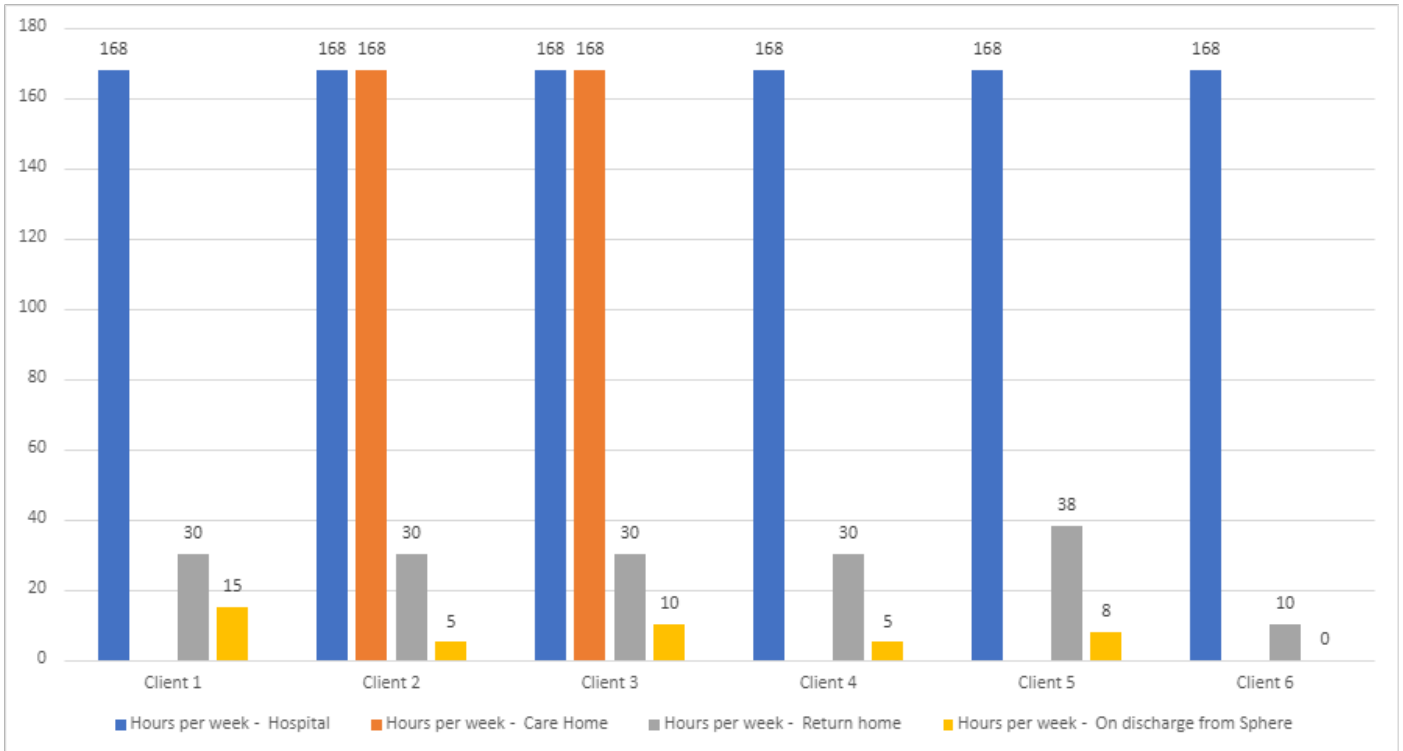
They have the flexibility to visit the client at different times of the day and this can provide the individual with the opportunity to engage with different activities. Sphere Rehabilitation Assistants are also trained in delivering real life, meaningful, thinking and memory rehab strategies. The focus is very much on establishing a structured rehab timetable to the week (individuals learn by doing), whilst taking into account an individual's cognitive strengths and weaknesses, thereby not over pacing an individual but grading an appropriate level of cognitive stimulation which aids recovery.

"The Sphere Memory and Rehabilitation Team led by Dr Katherine Dawson have offered amazing support for myself and my husband after he suffered an ABI. Their amazing positivity over the 9 months of work with him have given us both hope and optimism for the future"



OUTCOME SUMMARY

Reduction in care hours during and following rehab period



"I am very pleased with the support I have received from the Sphere Team. They have taken time to talk to me and ask me about the problems that I'm facing and need to overcome"



CLIENT OUTCOMES

Client 1 - Example of cost saving

The client was discharged from hospital to a care home where the community rehabilitation programme started. After a 6-month rehab period within the care home, the individual returned home with a care package in place. As the client progressed, over time, the size of the care package was further reduced to fit their needs. Through the success of the rehabilitation programme, we were able to achieve a 78% reduction in care costs on discharge.

Client 2 - Quality of life

The client was low in mood, struggled to motivate himself to engage in rehab and was spending large amounts of time in bed during the day. The rehab team supported the client to engage in boxing training sessions, table tennis, nature walks and a bike repair activity. These activities were both physically and cognitively challenging and proved to be hugely successful. Over a 12-week period, the client demonstrated improvements in motivation, range of movement, strength, speed, reactions, speed of processing visual and verbal information, walking, standing and transferring to and from a wheelchair. These activities also improved his hand eye coordination and fine motor skills; particularly in relation to his (impaired) left side and hand. The Sphere Team also introduced behavioural management guidelines to support family and care staff. Upon discharge, the client and the family were provided with a programme to support him in the community due to his increased need for independence.

Client 3 - Return to work

It was the client's main goal to return to work. Following a 12-week rehabilitation programme, the client undertook supervised work placements. The client was able to undertake an assessment at work to ascertain their ability to safely return. A successful graded return to work was undertaken and our client is now back in full time employment.

CLIENT OUTCOMES

Patient and family experiences

Client:

"I am very pleased with the support I have received from the Sphere Memory and Rehabilitation Team. They have taken time to talk to me and ask me about the problems that I'm facing and need to overcome. The last 9 months have been the most challenging of my life and I am eternally grateful for their involvement".

Client's partner:

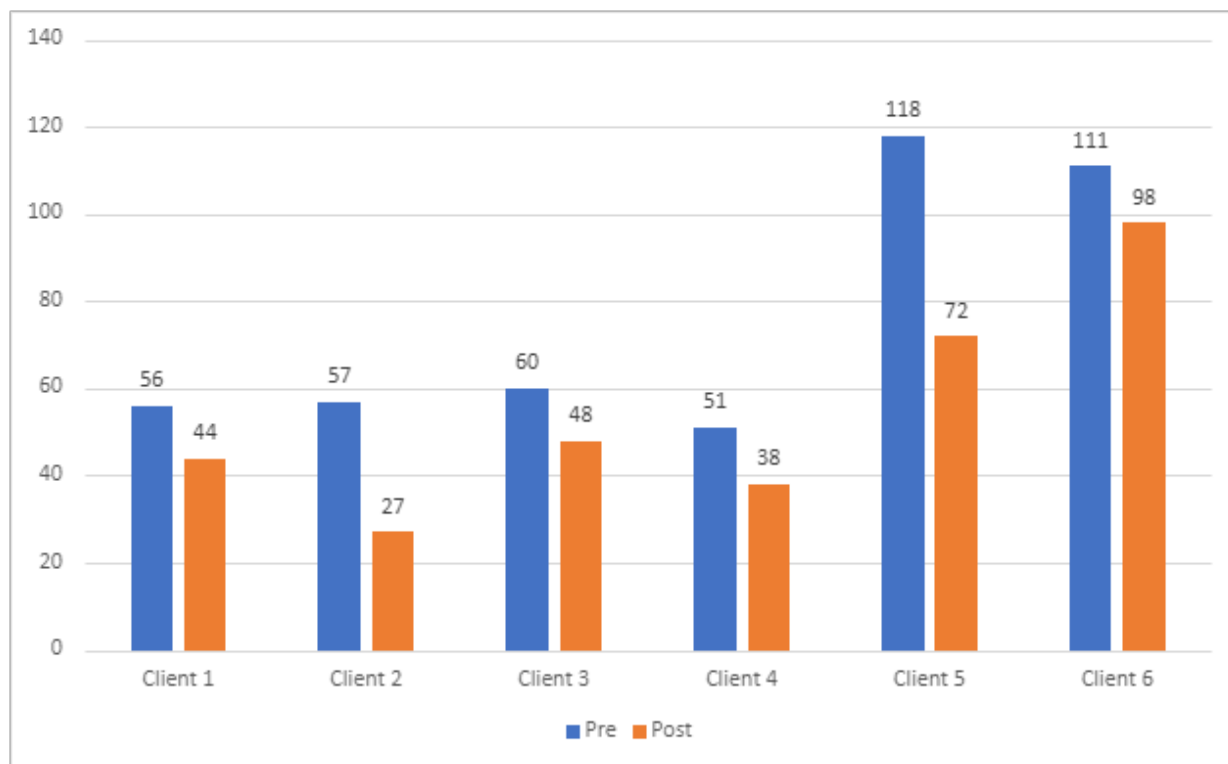
"The Sphere Memory and Rehabilitation Team led by Dr Katherine Dawson have offered amazing support for myself and my husband after he suffered an ABI. Their amazing positivity over the 9 months of work with him have given us both hope and optimism for the future".

Client's partner:

"I would wholly recommend the Sphere Memory and Rehab Team to support the community rehabilitation of a person, like my husband, with an ABI. Their interventions, support and guidance have enabled us to function at home more easily and given us hope for the future".

CLINICAL OUTCOMES

Outcome measure improvement by client



- A total score of 40-60 is average/typical of the outpatient population
- All raw scores are standardised against individuals with ABI, not the normal (uninjured) population

T - Score	Level of Limitation
<30	Good outcome
30 - 40	Mild limitations
40 - 50	Mild - moderate limitations
50 - 60	Moderate - severe limitations
>60	Severe limitations even when compares to others with ABI



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