



# Brain injury and stroke rehabilitation

*every day better*

# 349k

people are admitted to hospital with an acquired brain injury each year

*Headway UK*

# “

**Exemplar offers a truly supportive rehabilitation environment which focuses on restoring a person’s independence and developing functional skills.”**

**Helen Baxendale**  
Clinical Director  
Exemplar Health Care

Brain injuries and strokes can affect anyone, at any time in their life. Whatever the symptoms, Exemplar provides the support and rehabilitation that makes a difference to a person’s quality of life.

People living with acquired and traumatic brain injury, stroke and spinal injury can experience a broad range of complex physical, sensory, cognitive, psychological, emotional, behavioural and social difficulties.

We support individuals with traumatic (TBI) and acquired brain injury (ABI). Our highly specialist services can accommodate individuals with brain and spinal injuries who require tracheostomy management and ventilated care.

Individuals living with the life-changing effect of a stroke are supported by Exemplar’s specialist teams who work with a person to increase their functional abilities including movement, speech and emotional needs.

Where possible, our specialist teams use assistive technology, including communication aids and environmental controls, to increase a person’s independence.



## A positive approach to rehabilitation

At Exemplar, we take a positive approach to care and rehabilitation, which focuses on restoring independence. We work in partnership with our own multi-disciplinary teams and community occupational therapists, speech and language therapists, physiotherapists, psychiatrists and psychologists to ensure service users can achieve their goals.



**Exemplar's purpose-built homes and OneCare extended care pathways are caring and welcoming environments.**

**OneCare services provide a further rehabilitation pathway for individuals recovering from a brain injury or stroke. These specially adapted individual houses and flats are located very close or are attached to the main home.**

**OneCare services allow individuals to live with a far greater level of independence, with care and support available as required, depending on a person's unique needs.**

## Case study

### Brian's journey towards independence

Aged 19, Brian was in a car accident which left him with a diffuse brain injury and a fracture of the C2 spinal vertebrae, which meant he was unable to walk. Following a period of acute care, he was medically stable but living with complex behaviours, including severe anxiety.

On admission to Exemplar, Brian's goals were to walk again and, eventually, relearn the skills of every day living and return to living independently.

Through daily physiotherapy, Brian worked on transferring and standing for longer periods each time. Brian underwent gait analysis, stretches and massage, over time regaining the ability to walk in the parallel bars. Alongside physiotherapy, provided by the Exemplar multi-disciplinary team, Brian worked with the community speech and language therapist to improve his speech, reading skills and memory.

As his communication abilities improved, Brian could better express himself and so was able to reduce his feelings of frustration. Through patient intervention and the support of the Exemplar team, Brian developed the

skills to self manage his behaviour and was able to live happily alongside fellow service users. As he became more confident in activities of daily living, such as using the computer, writing letters, cooking and doing laundry, Brian's anxiety reduced.

After two years of brain injury rehabilitation at Exemplar, Brian was able to return home. He lives independently, with support from one carer and walks unaided.

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**Our experienced teams understand the devastating impact brain injuries and strokes have on individuals and families – life as they know it is turned upside down. Relatives become part of daily life at our home, working together with our care and therapy teams to support their loved ones to reach positive outcomes.”**

Simon Nor-mally  
Home Manager, Fairburn Vale

### Managing complex behaviours

Exemplar's specialist teams work to understand why someone is demonstrating behaviours that challenge and reduce their impact by addressing the triggers.

We:

- support individuals to learn the skills to manage their own behaviours
- reduce feelings of frustration by responding quickly to requests
- leave extra time for comprehension and completion of tasks
- encourage independence by offering assistance, without taking over
- avoid confrontation by distracting attention and using de-escalation techniques
- encourage choices and alternatives, and allow considered risk taking



**Make a referral or enquire about a placement**

**01709 565777**

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**www.exemplarhc.com**