



The Neurobehavioural Approach to Brain Injury Rehabilitation



Brain Injury Rehabilitation

Rehabilitation is a term used to describe the methods used to enhance and build on a person's natural recovery.

The nature of rehabilitation varies with the stage in the recovery process. It begins in the hospital setting with proper nutrition and physiotherapy to reduce the likelihood of contractures (high tone in the muscles) and to ensure the person's chest remains clear.

When the person regains consciousness there may be further intensive physiotherapy, speech and language therapy and occupational therapy to help the person regain basic skills such as washing and dressing.

Once the person has become medically stable the type of rehabilitation required changes and the person will often move from a hospital ward to a rehabilitation centre. Such centres may not be on a hospital site at all.

The Brain Injury Rehabilitation Trust specialises in offering an integrated system of rehabilitation that allows the person to move gradually from a state of high dependence to being as independent as possible. This is done in a staged and organised way.

The Brain Injury Rehabilitation Trust has developed its own system of brain injury rehabilitation over the years known as the neurobehavioural approach to rehabilitation.



The Neurobehavioural Approach

The Brain Injury Rehabilitation Trust offers a neurobehavioural approach to rehabilitation.

This combines the best evidence-based, scientific methods of training and changing behaviour with an understanding of the exact nature of brain injury and a philosophy of community based rehabilitation.

Clients are helped to overcome their problems in a constructive and rewarding way. In order to encourage and motivate clients we give as much support as they need to achieve success, gradually reducing support so that the client becomes more and more independent.

Real life settings

The focus is on rehabilitation carried out in real life settings, such as going to the shops, travelling on public transport or going to work placements. This method has been shown to be much more successful than concentrating on doing exercises in a rehabilitation centre.

In order to facilitate this all our centres are in ordinary residential areas close to local amenities and with good public transport.

Clients may be taught strategies to help them compensate for their difficulties. For example, memory deficits can be successfully overcome by the routine and appropriate use of strategies.

For each client specific goals are agreed, depending on their needs, and progress towards these goals is carefully documented. In this way progress can be monitored and if the rehabilitation is not achieving the desired results the programme can be adjusted to ensure greater success.



A European leader in traumatic brain injury rehabilitation

We offer Europe's leading rehabilitation programme to help people recover social independence following a brain injury.

Our services are designed to meet the needs of people at different stages of rehabilitation - from assessment to comprehensive rehabilitation, long-term housing and care, and community-based support.

The Brain Injury Rehabilitation Trust (BIRT) is a leading European provider in specialist brain injury rehabilitation. We support people to regain lost skills and independence and rebuild their lives following acquired brain injury, caused typically by road accident, assault, stroke or disease.

We offer a range of services to meet the needs of people at different stages of rehabilitation - including assessment, intensive rehabilitation, continuing rehabilitation, and community-based support.

We currently support over 550 people with acquired brain injury, a figure which will rise substantially with several new service developments planned.

Our clinical expertise, combined with excellent facilities and a dedication to care, gives each individual the best possible chance of rehabilitation following an acquired brain injury. All our programmes follow our established 'neurobehavioural' approach.

BIRT is a division of The Disabilities Trust, which provides services to people with physical impairments, autism and learning disabilities, as well as brain injury.

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BIRT is part of The Disabilities Trust, Registered Charity No. 800797



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