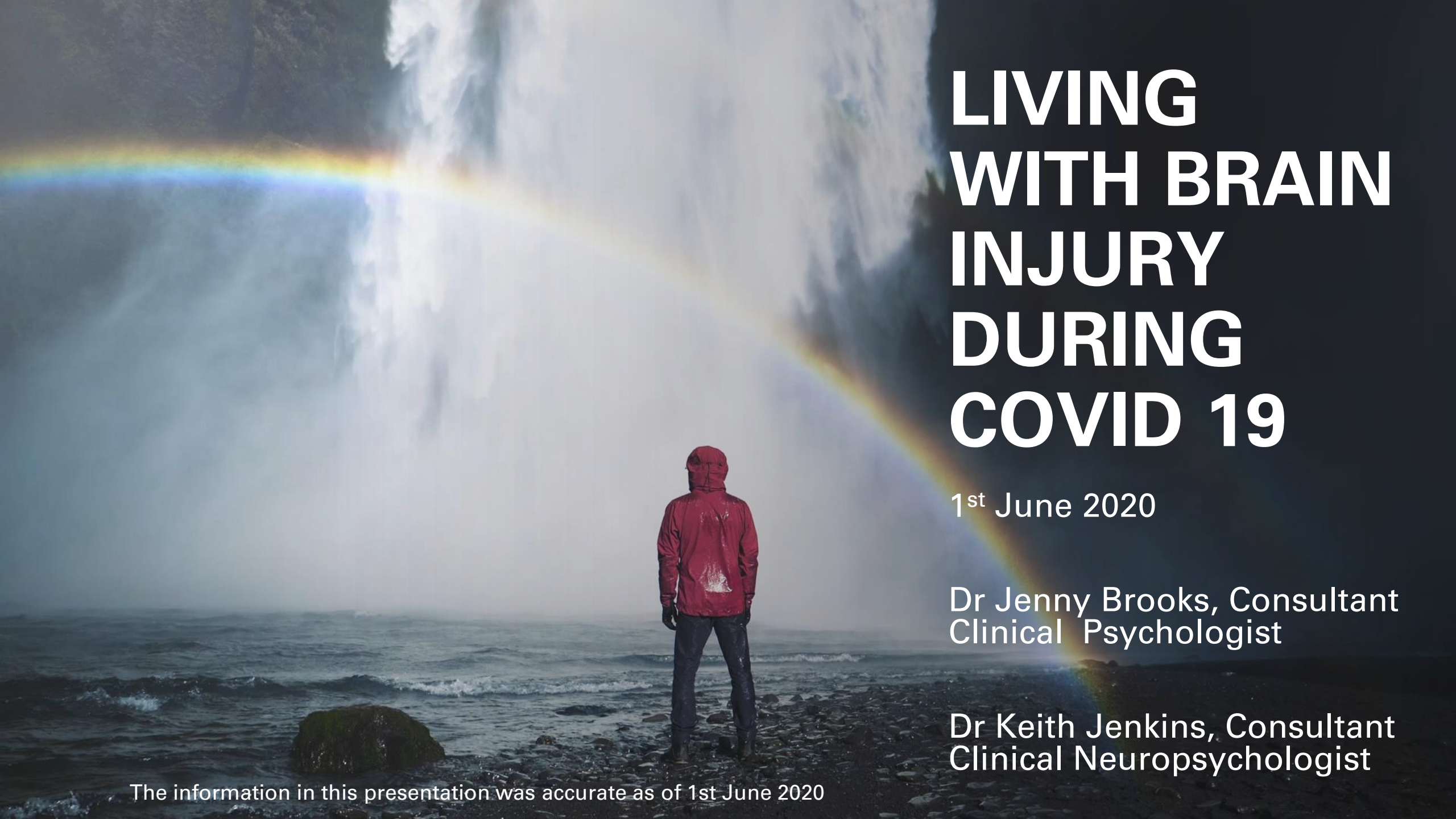




I am Tony, I work as the
Director of Strategy and
Business Development
Headway SELNWK

I am the chair of Acquired
Brain Injury Forum for
London (ABIL)



A person wearing a red hooded jacket and dark pants stands on a dark, rocky beach, looking towards a massive waterfall. A vibrant rainbow is visible in the misty spray of the waterfall. The scene is dramatic and atmospheric, with a dark sky and ocean waves in the foreground.

LIVING WITH BRAIN INJURY DURING COVID 19

1st June 2020

Dr Jenny Brooks, Consultant
Clinical Psychologist

Dr Keith Jenkins, Consultant
Clinical Neuropsychologist

The information in this presentation was accurate as of 1st June 2020

I am Jenny, I am a
Consultant Clinical
Psychologist working with
people with brain injury,
mainly in the community.

I worked for many years with
people with brain injury in
hospitals and residential
units.



I am Keith, I am a Consultant
Clinical Neuropsychologist.

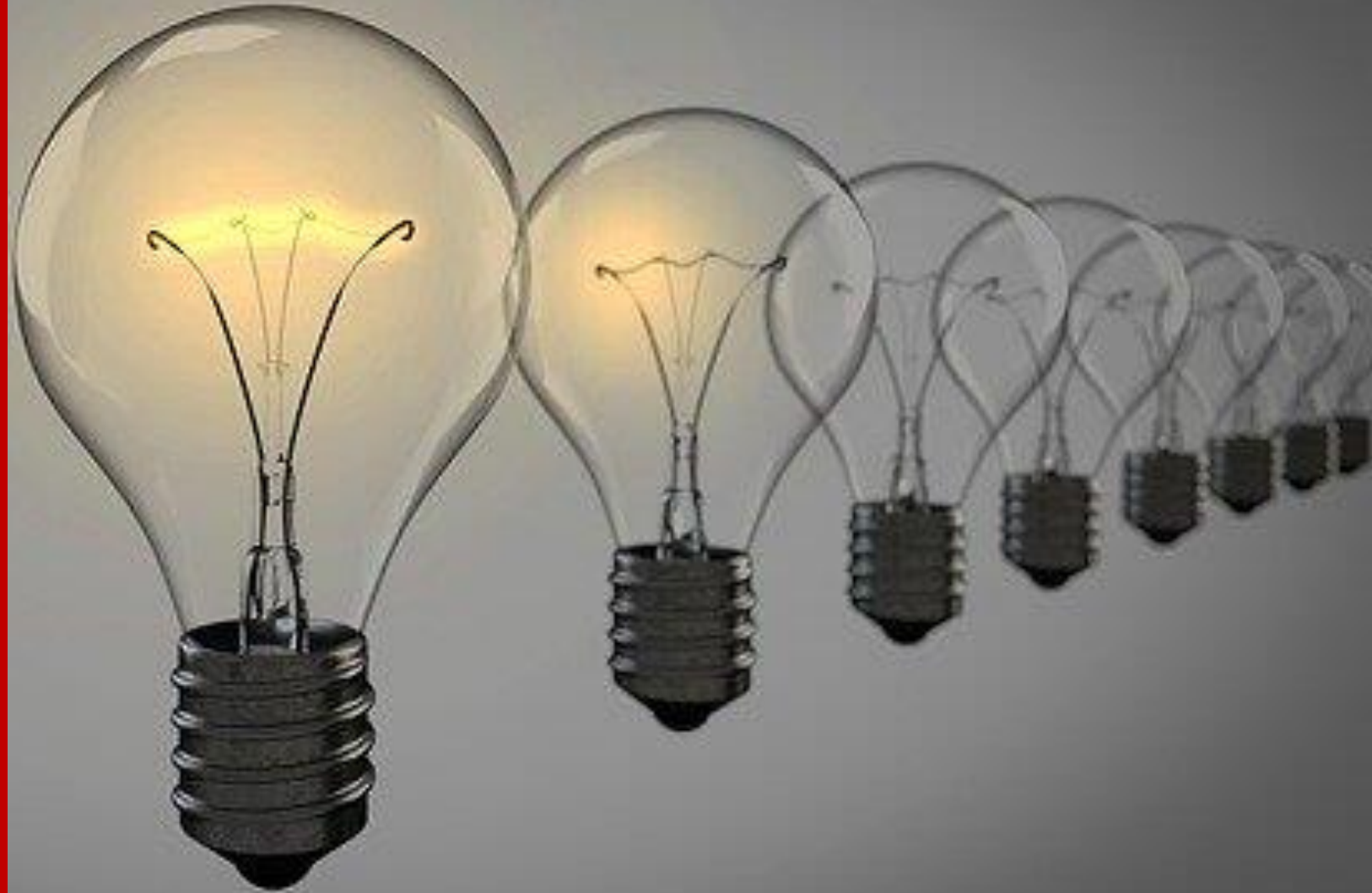
I have worked with people
with brain injury for many
years.

I am also the the Chair of
Headway East Northants



We will be sharing ideas on:

- managing feelings of isolation
- where and how to seek support if you are worried about your mood
- how to still have structure and routine
- how to ensure a good sleep pattern
- how to follow government guidelines



Thank you for sending us your questions related to issues about living through the COVID -19 pandemic.

We will read out and answer these towards the end of the webinar.



We will be sharing
artwork from
Regional
Neurological
Rehabilitation Unit
(RNRU) at
Homerton Hospital,
London





- ✓ Use, letters telephone, video calls, video conferencing especially if you are shielding
- ✓ Have a regular day and time to contact family or friends.
- ✓ Spread time with family and friends across the week
- ✓ Family members and friends could make video messages that you can replay



- Daily routine and structure has changed and this can feel very unsettling
- Structure and routine helps:
 - ✓ gives a sense of control, meaning and purpose which can help our mood
 - ✓ reduce stress and worries through providing distraction
 - ✓ to get started

A daily routine might include:

- self care (bath, pampering etc)
- household chores
- exercise
- something fun
- Socialising

****Consider limiting or controlling watching news about COVID-19, too much news can lead to a lower mood and more worries for some people****



Think about what activities or part of your daily routine can be:

- kept the same
- modified
- replaced
 - consider what it was about the activity you enjoyed?





Writing down a daily timetable can help:

- ✓ routine be the norm
- ✓ reassure you that you are busy
- ✓ manage your time
- ✓ support variety to your day

Ticking off activities completed can:

- ✓ show you have achieved and accomplished things.

If you have difficulties getting started on activities you could:

- ✓ ask someone to remind you (e.g. phone/text/email)
- ✓ set up reminders on your phone or other devices such as an Alexa

If you are worried about your mental health

- ✓ talk to a professional involved in your care
- ✓ speak with your GP
- ✓ If you are feeling unsafe or at risk to yourself you should go to A+E or call 999.

There are helplines you can call:

- ✓ Samaritans on 116 123 (24/7)

For more helplines visit

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>





You may have noticed your sleep pattern has changed

Not enough sleep or poor quality sleep can lead to:

- fatigue and tiredness throughout the day
- feeling unwell
- increased anxiety and worries
 - makes getting through the day more difficult
 - may also mean that relaxing to sleep is harder

- ✓ Go to bed and get up at the same time
- ✓ Daily exercise, but not close to bedtime
- ✓ No caffeine or nicotine close to bedtime
- ✓ Alcohol can reduce the quality of your sleep
- ✓ Avoid upset or stress just before bedtime
- ✓ Reduce your exposure to blue light
- ✓ Have a 'wind down' routine
- ✓ Have a cool dark bedroom
- ✓ Keep your bedroom tidy so it feels more relaxing



If you experience fatigue having a power nap in the day can be helpful

- ✓ Day time naps should be around 30 minutes
- ✓ Day time naps should end before 15:30
- ✓ Headway have helpful resources on their website at

<https://www.headway.org.uk/about-brain-injury/individuals/effects-of-brain-injury/fatigue/>



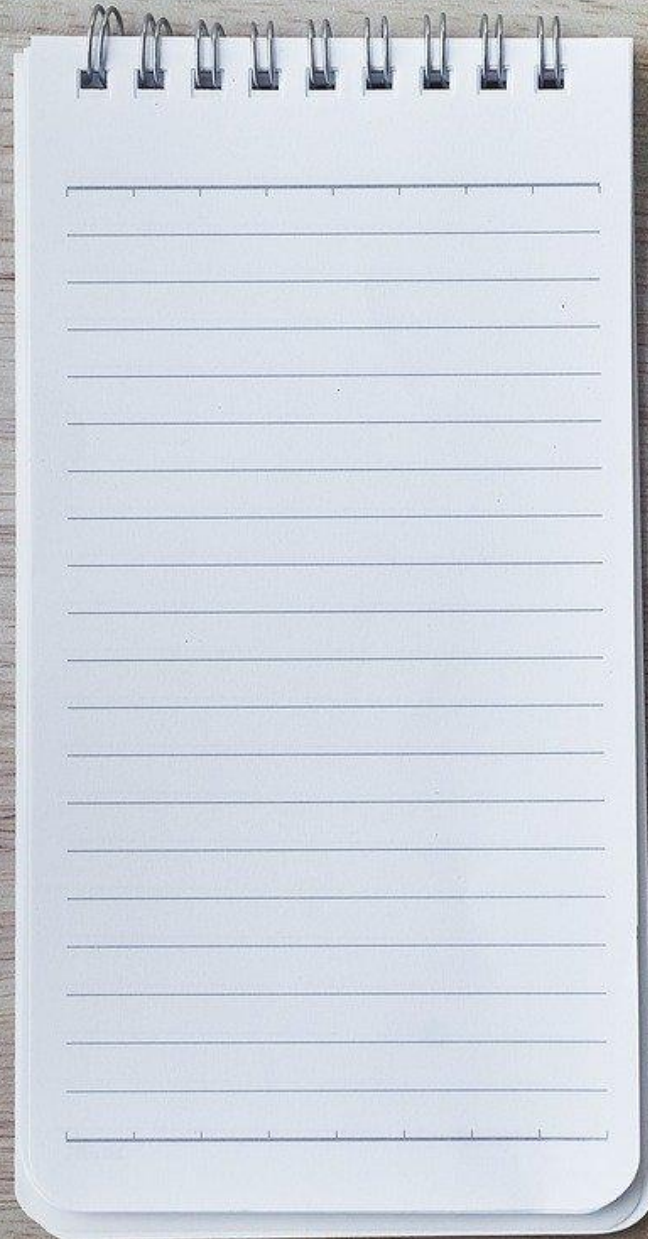
Your bedroom is mainly for sleeping in.

Some people are spending more time in their bedrooms.

Consider something to sit on rather than lying on your bed during the day.

Try to come out of your bedroom for meals.





If your worries are waking you in the night

- ✓ write down your worries
- ✓ allocate another time to address the worries
- ✓ consider a person you could talk to about your worries such as
 - ✓ family
 - ✓ friend
 - ✓ professional involved in your care
 - ✓ GP

If you are awake for a long time

- ✓ get out of bed
- ✓ do something else
- ✓ return to bed when you are feeling sleepy



For more information on sleep:

Go to <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

OR

type 'how to get to sleep NHS' into your search engine

If you have significant concerns about your sleep,

- ✓ talk to a professional involved in your care
- ✓ speak with your GP

To support working from home:

- ✓ good night's sleep
- ✓ shower and get dressed
- ✓ have a designated work space
- ✓ timetable
- ✓ schedule breaks through the day
- ✓ minimise distractions
 - ✓ mobile phone
 - ✓ TV
 - ✓ noise
 - ✓ other people



It is important we all understand what COVID-19 is and follow the government set rules

- Visit government website for up to date advice
<https://www.gov.uk/coronavirus>
- There are daily updates on BBC 1 at 17:00
- There is an easy read guide in the resource pack on the ABIL website
- Contact the Headway helpline by calling 0808 800 2244 or emailing helpline@headway.org.uk for reassurance





Regular handwashing using the correct technique is important.

- ✓ Put pictures of the correct handwashing technique by your sink.

We have put a printable sheet in the resource pack that shows how to wash hands correctly

- ✓ Put pictures or written reminders to wash your hands at key areas.

All the resources we
have talked about in
this presentation will
be available on the
ABIL website
www.abil.co.uk

If you do not have
regular access to the
internet, ask someone
to print these for you



Artwork from RNRU



Artwork from RNRU



Artwork from RNRU



Artwork from RNRU



Artwork from RNRU



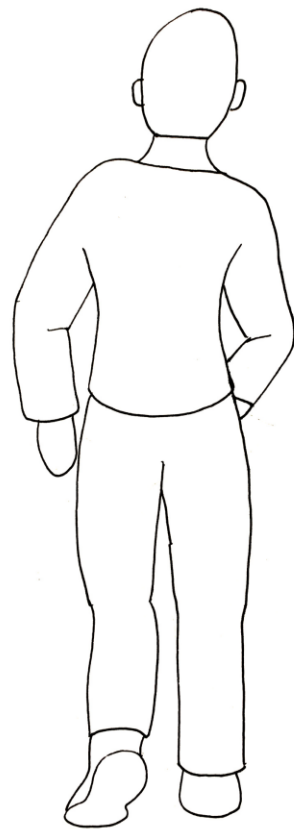
YOUR QUESTIONS



YOUR QUESTIONS



YOUR QUESTIONS



Thank you to:

- **ABIL**
- **Irwin Mitchell**
- **ABIL committee members for their input**
- **The patients at RNRU for their artwork**
- **Artwork from Sofia Schoultz**

