

## The 5 R's Model

This pathway illustrates the services provided by HES which enable people with brain injury to achieve maximum independence and best quality of life and ensures that their families and carers are supported.

Brain Injury survivors, their families and friends or health professionals

### Reassurance

- Practical information, emotional support and signposting to the services available either by telephone in person or through the hospital liaison service
- Evening support groups
- Newsletter
- Assessment and services funding advice
- Rediscovering the future through our clubs for those looking to move back into work and/or volunteering

The above services are free of charge, but a voluntary contribution is requested for the Rediscover Group

### Rehabilitation, Reablement and Respite

- Active rehabilitation with input from specialist therapy services at our Newick Centre
- Reabling people back into everyday life and their communities
- Long-term support providing maintenance of function and respite for carers in a safe, stimulating social environment at our Newick Centre
- Health & wellbeing – focussing on physical health and supporting mental wellbeing at our Newick Centre

The above services are either statutory funded or paid for privately

Rebuilding lives after brain injury leading to independent or supported living

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