

# An easy referral guide

# Brain in Hand is working with Camden Council

Brain in Hand has been commissioned to help you reach and support more people. The system lets your service users take control of their own lives with a simple digitally delivered support system.

To find out more you can contact your Brain in Hand programme officer:  
charlottewebster@braininhand.co.uk

**It's easy to refer in 4 simple steps.**

1. Visit your referral page using the button below
2. We'll screen your referral
3. Any problems we will let you know
4. We will help your new Brain in Hand user get started



## Who is Brain in Hand for?

Brain in Hand users typically have an impairment to executive function, a mental health need (particularly anxiety-based disorders) or a memory deficit. Our users have a range of needs and conditions, but Brain in Hand isn't condition-specific – it's more about the difficulties the person wants to overcome.

If you're not sure whether BiH would be a good fit for a particular person, just get in touch with your Programme Officer using the link above. We're flexible.



Planning, organisation, time management, establishing and maintaining routines



Monitoring and improving levels of energy, concentration, mood, anxiety, confidence, independence, and motivation



Problem solving



Communication, engagement, participation, and social interaction



Working and/or short-term memory deficits



Mobility and travel (in terms of travel confidence, motivation, access strategies, and managing associated anxiety)



Initiating, monitoring, or inhibition of actions

# What does Brain in Hand do?

Brain in Hand lets people manage their difficulties in their own way.

It's a completely personalised system that combines digital tools with human support, giving people round-the-clock access to their best coping strategies when they need them.

We help people work on what's important to them. They pick their own goals and think about how to use their unique strengths and skills to get there. Then we help them break it down into simple, manageable chunks that can be reviewed from their phone. Plus, we work with professional supporters and teams to make sure that each person is receiving the support that's right for them.

Brain in Hand users have achieved all kinds of incredible goals: whether it's travelling on their own, staying in work, living more independently, or just coping better with day-to-day problems. We've helped thousands of people accomplish what's important to them.

## Bringing the Brain in Hand system to life

Click the images to access the video stories

For further information: [www.braininhand.co.uk](http://www.braininhand.co.uk)



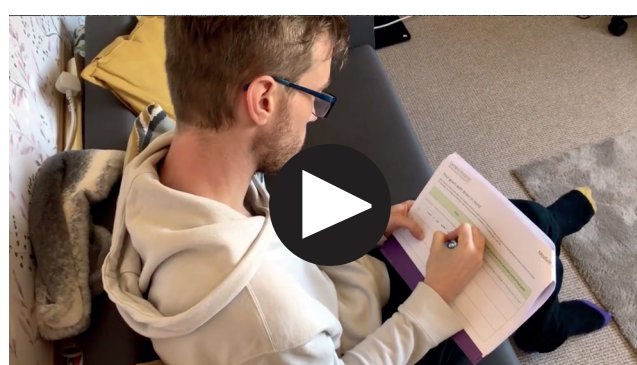
Animated easy explainer of Brain in Hand



Tom and Michelle - Virtual set-up



Hazels journey to independence



Virtual user set-up