

RECOVERING MINDS SESSIONS

Last Sessions August 2018

Active clients take part in recovering mind sessions. These sessions are small number of clients, and are covered one day a week over a three week period.

At these sessions, we cover:

Week One: Introduction to the service, types of head/brain injury (Clients and Carers) e.g. Brain Injury Headings

A useful way of dividing the problems that may result from brain injury is to examine them under four headings:

- ▶ PHYSICAL
- ▶ COGNITIVE
- ▶ EXECUTIVE
- ▶ PSYCHOSOCIAL

Although broken into four headings, you may find that they overlap.

Week Two: Possible physical or cognitive deficits - Memory and concentration - (tips & strategies) looking in to all aspects (Clients) Types of Attention

SUSTAINED - watching TV, reading a book or playing a computer game. SELECTIVE - listening to a conversation in a busy room (pub/party).

ALTERNATIVE - reading a recipe and preparing the ingredients/meal.

DIVIDED - talking to someone on the phone whilst on a computer/surfing the web.

Week Three: Goal setting - the future (Clients)

These sessions bring out lots of different emotions and have had a great feedback from clients.

Planning for change

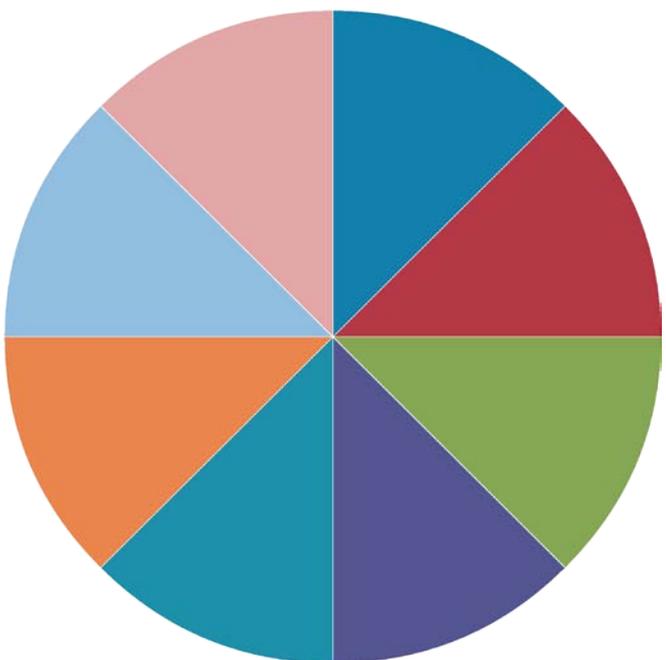
Just as symptoms are different for everyone, so is the way in which people recover. Some people are able to go back to their jobs and don't have to make many changes to their lives. Some people have to make bigger changes. The pace of recovery will be different for everybody.

You can use the wheel to think about the different areas of your life. If it would be helpful, you can use it to mark whether you are happy with the way things are, not sure about things, or unhappy. You could then talk to your friends, support workers and family about ways that you could change things in areas where you are not sure or unhappy.

The change plan on the next page gives you space to think about any changes in more details.

I am happy with:	
I want to change:	

Planning for Change



- Work and learning
- Memory and skills
- Managing anger, frustration
- Social life and relationship
- Health and Wellbeing
- Daily life and housing
- Money
- Making a contribution