



## **RHIS SUPPORT FOR NEW CLIENTS**

Renfrewshire Head Injury Service understands that the person with an acquired brain injury can find it difficult to move forward in their life. They are having to adapt to a new normal after a severe injury. The adjustment process can take a while and may involve the person experiencing more negative feedback than positive, which could result in them becoming upset, confused and worried about the future.

We offer each client the opportunity to take part in our Recovering Minds sessions. These sessions are run, as small groups and meet over a three-week period. Aim is to provide clients with a better understanding of their injuries and to help develop skills and strategies to aid day to day living.

A designated keyworker will support the client to set realistic goals and to help them achieve their maximum potential. We achieve this by working with statutory, health and social work services to supplement existing support.

### **Group & 1-1 Sessions**

#### **RECOVERING MINDS – SESSION ONE (Education/Introduction Service)**

#### **RECOVERING MINDS – SESSION TWO (Strategy Training/Coping Tips)**

#### **RECOVERING MINDS – SESSION THREE (Goal Setting/Planning)**

#### **WHAT WE HAVE LEARNED FROM ACTIVE CLIENTS - PREVIOUS FEEDBACK:**

- Sessions were very useful – thank you
- Information was amazing – it is starting to make sense to me
- Enjoyed the sessions – meeting up with other clients
- It is difficult to know what will help - setting goals was important for me

*Rebecca*