

## The Headway East Sussex Pathway (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 from our Advice & Support Service

- Practical information, emotional support and signposting to the services available either by telephone in person through the hospital liaison service
- Evening support groups
- Access to our counselling service
- 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 counselling and the Rediscover Clubs

### Rehabilitation, Reablement and Respite from our Day Services

- Active rehabilitation with input from specialist therapy services at our Newick Centre
- Reabling people back into everyday life and the community either at our Newick Centre or through our outreach community service
- Long-term support providing maintenance of function and respite for carers. A safe, stimulating social environment at our Newick Centre
- Health & well-being – focussing on physical health supported mental well-being, based at our Newick Centre or in the community

The above services are either statutory funded or paid for privately

Rebuilding lives after brain injury leading to independent or supported living

Updated November 2016

