

Priory Elm Park

Brain Injury Services



Through our services at Priory Elm Park, we provide specialist neurobehavioural rehabilitation, assessment and treatment for those with an acquired brain injury (ABI), including traumatic brain injury (TBI).

Following a brain injury people may experience cognitive, behavioural and emotional changes. Our individualised treatment plans aim to improve functional skills and/or reduce challenging behaviour, and are devised to work toward a successful, sustainable and timely discharge back into the community.

Service overview

There is a discharge pathway from inpatient care to community rehabilitation houses, with a total of 24 beds split across:

- Elm Park – 17 beds – locked rehabilitation brain injury service for males
- Elm House – 4 beds – community rehabilitation brain injury service for males and females
- Elm Cottage – 3 beds – community rehabilitation brain injury service for males and females



Patient profile

Treatment at Elm Park is suitable for patients with the following profiles:

- Males aged 18 years and over
- ABI including TBI (some of whom may also have mental health difficulties)
- Neuropsychiatric, neuropsychological, cognitive and/or behaviour disorders in consequence of a brain injury
- Informal patients, and those within both Deprivation of Liberty Safeguards and under the Mental Health Act

Elm House and Elm Cottage are only suitable for informal patients, and those requiring step-down care ahead of community reintegration.



Discharge pathway

Elm Park provides a full discharge pathway, which includes:

- Inpatient rehabilitation
- Transitional rehabilitation
- Community rehabilitation





Treatment programme

Therapy is delivered in individual and group settings. We follow a specialist neurobehavioural rehabilitation service model, which has evidence-based outcomes. The full transdisciplinary team provides input into the rehabilitation programme, which is delivered seven days a week. The rehabilitation programme is provided using treatments that are:

- Time-lined
- Goal-defined
- Tailored
- Measureable
- Evidence-based

During a patient's stay at Elm Park, they will have their own individualised rehabilitation programme, which is reviewed regularly to meet individual patient needs.

Treatments may include:

- Neurobehavioural rehabilitation
- Risk management
- Positive behavioural support
- Psychiatric interventions
- Cognitive strategies and compensatory aids
- Speech and language, and communication skills
- Occupational therapy and community-based rehabilitation
- Physiotherapy
- Health promotion

As part of their individual rehabilitation programme patients are encouraged to fully engage in activities of daily living such as budgeting, cooking, shopping, attending college and work experience placements. Elm Park has the benefit of being situated close to villages, Colchester town, coastal towns such as Clacton and Harwich, beautiful countryside and good transport links, all of which enable patients to access the community and engage in activities which meet their individual needs and interests.

The team

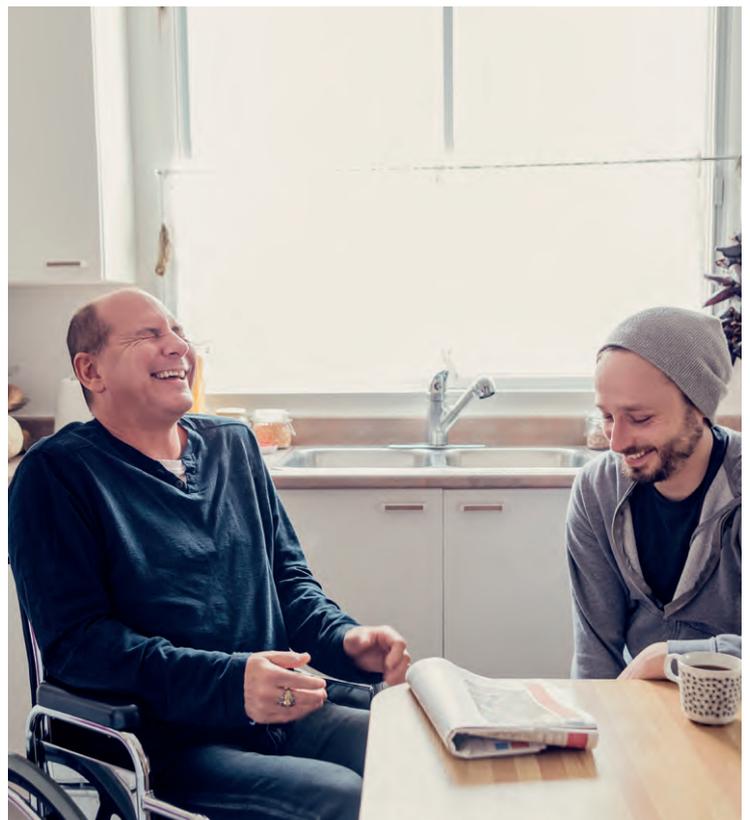
Our programmes are delivered by our expert transdisciplinary team, which includes:

- Consultant psychiatrist
- Consultant neuropsychologist
- Occupational therapist
- Physiotherapist
- Speech and language therapist
- Social worker
- Nurses
- Rehabilitation assistants
- Therapy pets

Community rehabilitation houses

Elm House and Elm Cottage are our specialist community rehabilitation houses in Essex. Supported by the transdisciplinary team at Elm Park, the houses are part of the discharge pathway, where patients are supported to continue their rehabilitation programme in a less restricted environment.

Our specialist programme helps to prepare people for a successful and sustainable discharge home, to one of our step-down community rehabilitation services for continued rehabilitation, or into a suitable long-term community placement.





Case study

Andrew*, aged 65, was admitted to Elm Park with an ABI caused by a ruptured brain aneurysm. As a result of his brain injury, Andrew became angry, confused, frustrated and suffered memory loss – he could no longer remember his children or grandchildren.

His treatment at Elm Park focused on his cognitive functioning; this centred on improving his daily living skills, processing skills and socialisation. Andrew was supported to transition to the community rehabilitation houses to continue his rehabilitation and prepare to move back to the family home. The team at the community houses introduced a memory board to help Andrew to remember his family. They also introduced a gradual, supported visiting programme to help Andrew to spend time with his family, in a way that did not overwhelm him.

Eventually, Andrew was able to return home, this transition took place over six months, allowing him to properly re-engage with his family members, and for them to feel ready to be able to care for him in the family home.

Andrew now enjoys retirement at home with his family. He enjoys looking after the many household pets, going for walks with his family, gardening and taking his grandchildren to nursery on the bus.

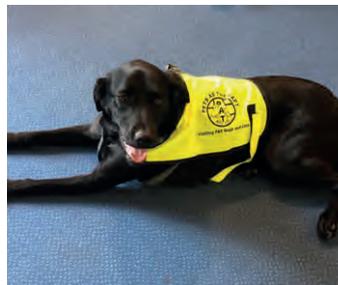
*Patient's name has been changed to protect their identity

Measuring outcomes

Outcomes are measured using specialised behavioural and functional measurement tools. In a published evaluation of our outcomes (April 2017), the following results were achieved:

- **76% reduction in the rate of aggression from admission for those still in the services at the time of the study**
- **90% reduction in the rate of aggression at discharge**

The findings also identified improvements in all outcome measures employed in these services, suggesting that greater independence was achieved, along with a reduction in the symptoms of neurobehavioural disability.



Our location

Priory Elm Park, Station Road, Ardleigh, Colchester, Essex, CO7 7RT

Elm Park benefits from being close to the A12 / M25 with good transport links to London, Essex and Suffolk.



Contact us

Call us on: **01206 231 055**

Send an email to: **info@priorygroup.com**

Or visit our website at: **www.priorygroup.com/elm-park**

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