

Patient advice sheet

Community Head Injury Service - information for people referred to the Working Out Team (vocational rehabilitation)

Who we are

We support people with the short, medium- and long-term consequences of brain injury.

The Community Head Injury Service (CHIS) is based at Brookside Clinic in Aylesbury and provides services to the whole of Buckinghamshire and the surrounding areas.

What is Working Out?

It's a specialist vocational rehabilitation programme designed to bridge the gap between rehabilitation and employment after a brain injury. Our team includes expertise in clinical neuropsychology and occupational therapy. We also have a placement consultant and admin support. We also have access to physiotherapists and speech and language therapists.

Where do appointments take place?

They can be face to face, in the community, workplace or at Trust locations around the county. We can also arrange video conferencing appointments using applications such as Microsoft Teams.

Who we see

We provide specialist vocational neurorehabilitation to adults aged 16+ with:

- head injury
- stroke
- cerebral anoxia
- encephalitis and meningitis
- sub arachnoid haemorrhage
- non progressive cerebral tumours
- mild head injury with persisting post-concussion symptoms

What we do

We tailor your vocational rehabilitation according to your needs. The information below is a guide to the range of things we may offer, but not everyone will have everything listed here.

Initial assessment

After you are referred to us, we will offer you an appointment for an initial assessment. This can be quite a long appointment as we want to get to know who you are and what difficulties you might be experiencing. We usually invite you to bring a close relative with you.

At the end of that appointment we will agree an initial plan of action.

Vocational assessment

We use a combination of activities to identify your needs. This can include:

- formal testing
- group participation
- community activities
- work-based discussions.

What happens after my assessment?

We work with you to develop strategies that will help you to return and stay at work. This can include attending a work preparation group, community-based activities and individual input tailored just for you.

You can also be offered other sessions such as:

- educational sessions about brain injury
- cognitive rehabilitation
- fatigue management
- communication
- using technology to manage difficulties
- psychological support.

When appropriate, we will explore opportunities for work with you. This may start as a voluntary placement. Where possible you will progress to a longer-term placement. In agreement with you, we provide ongoing support for you and your employer.

How we support your family

We do this either through our community practitioner or through family/couple counselling and education.

What some of our patients have said.....

“Without the team I wouldn’t be where I am now, they are very supportive and motivational”

“I have really benefitted from the CHIS services and would recommend them. The techniques I have been taught, I have implemented and they have helped my recovery.”

Contact us

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Please remember that this leaflet is intended as general information only. We aim to make the information as up to date and accurate as possible, but please note that it is subject to change. Please therefore always check specific advice on any concerns you may have with your doctor.

How can I help reduce healthcare associated infections?

Infection prevention & control is important to the well-being of our patients and for that reason we have infection prevention & control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. Please follow our infection prevention and control guidelines when visiting our healthcare sites. Further information is available on our website.

Patient Advice Sheet

If you would like a copy of this information on audiotape, in large print or translated, please call the Patient Advice Liaison Service on 01296 831120 or email bht.pals@nhs.net