

What is Brain in Hand?

Brain in Hand is a digital, personalised, and preventative digital support system. It's packed with features to help you manage fatigue levels, reduce anxiety, increase independence, remember events and **feel supported**.

- Manage and organise time, identify situations you find difficult, and **plan strategies** in advance
- You can **access your pre-planned strategies** via a phone or tablet to keep your day on track
- Record the situations you find difficult and the solutions that work best
- Use the Traffic Lights to **monitor progress, manage anxiety and fatigue**, and work with professionals around you to support and enhance your recovery

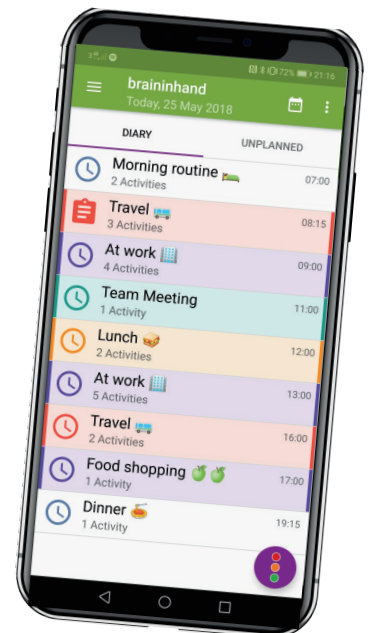


The Brain in Hand system allows you and the people around you to review how you're doing, making sure that you can work together to develop the kind of support that works best for you and which best aids you in your recovery.

How Brain In Hand Works

You can work with professionals around you to create your own strategies, reminders, and prompts. The system also lets you include information from online resources and existing tools.

- You can input strategies for problems you might encounter and organise this alongside events in the Brain in Hand **diary**
- The system encourages you to develop both **proactive solutions** (to prevent a problem from happening) and **reactive solutions** (to help cope if a problem has already happened)
- For example: what to do if you have forgotten where you are going
- You can also create **lists** or **reminders** in your Brain in Hand system
- For example: what medication to take and when, physio exercises and how to do them, or steps to complete tasks - such as making dinner
- You can use Brain in Hand to help you with **anxiety and fatigue management**. For example: remembering to take a break from a task if you feel tired, remembering to eat and drink regularly or prompting breathing exercises should you feel anxious
- You can also use Brain in Hand to help with independent living (shopping lists, travel, housework tasks) or **promoting health** (managing mood) as well as for more **academic or work tasks** (coping with workload or time management).



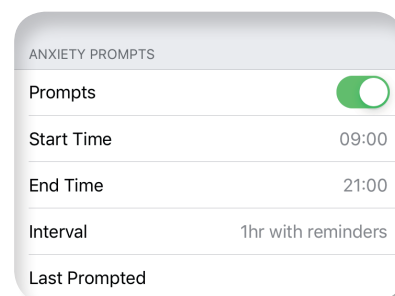
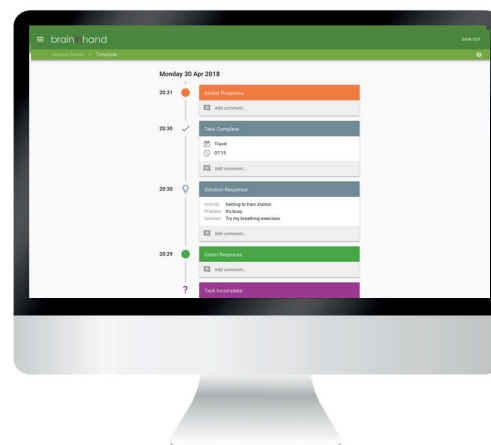
The Brain in Hand Website

You can use the timeline on the website to monitor your activity, celebrate achievements, and identify areas of difficulty. This might include finding patterns of fatigue so that you can effectively address the causes.

You can review periods of high or low anxiety, and **gain insight** into your own specific needs. The information captured will give you and your support team insight into how you can **better plan your strategies** or structure your time. This information might impact the work you do with other professionals to aid your treatment journey and recovery.

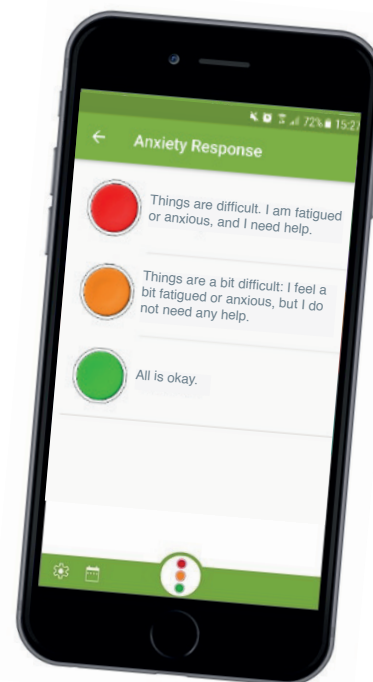
Setting Prompts

The Brain in Hand system can be set to remind you to do things so that you do not miss tasks or appointments. You can also set prompts to remind you to record your mood or fatigue levels via the traffic lights.



The Brain in Hand Traffic Lights

You can use the **Brain in Hand Traffic Lights** to record how well the strategy you used helped you to solve your problem. You can also use the traffic lights to record how anxious or fatigued you are feeling. Once you press an amber or a red traffic light, the team supporting you will be alerted. They will review this and keep an eye on how you are **managing your fatigue** or how anxious you are feeling. They might then give you a call or arrange a visit. You can also link this up to alert a friend or family member, who can respond to your needs immediately.



GREEN All is okay.

AMBER Things are a bit difficult: I feel a bit fatigued or anxious, but I do not need any help.

RED Things are difficult. I am fatigued or anxious, and I need help.

Having this safety net enables you to have the confidence to experience new situations, become more independent and achieve your true potential. Visit: www.braininhand.co.uk/my-brain-in-hand/ for videos, workbooks, and more information.

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