Digital Self-Management for Workplace Anxiety

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Why do we need to improve wellbeing?

16% of autistic adults are in full-time work (5% static since 2001)
32% of autistic adults are in some kind of paid work

15% of people will experience mental health problems in the workplace
13% of all sickness absence days can be attributed to mental health conditions

20% of women in full time employment have a common mental health issue vs 11% of men
19% of people in the UK aged 16 and over showed symptoms of anxiety or depression

Better mental health support in the workplace can save UK businesses up to £8 billion per year

Mental Health Foundation - https://www.mentalhealth.org.uk/statistics
What is Assistive Technology?

The phrase ‘assistive technology’ is often used to describe products or systems that support and assist individuals with disabilities, restricted mobility or other impairments to perform functions that might otherwise be difficult or impossible.

What is Assistive Technology?

Assistive technology enables people to live healthy, productive, independent, and dignified lives, and to participate in education, the labour market and civic life.

Assistive technology reduces the need for formal health and support services, long-term care and the work of caregivers.

Without assistive technology, people are often excluded, isolated, and locked into poverty, thereby increasing the impact of disease and disability on a person, their family, and society.

https://www.who.int/news-room/fact-sheets/detail/assistive-technology

What Assistive Technology do you use?
What assistive technology do you recommend or support your service users to use?
What Assistive Technology is available?
How do I know what is right for my service user?

Why do people like Assistive Technology?
What characteristics make it useful?
Why do people like Assistive Technology?
What characteristics make it useful?

Intuitive – easy to use, even when stressed
Inconspicuous – help without people knowing
Promotes independence – helps me do more myself
Always there – helps me between supporter sessions
Reliable – provides consistency
Informative – gives tangible useful feedback
Mine – tailored for me and my goals.

What is Brain in Hand?

Workplace Support:
- Internships / apprenticeships
- Pre-employment / jobseekers
- Maintaining work / preventing absence
- Return to work.

1# ORCHA Rated App for Autism
4445 Individuals have been supported by Brain in Hand
41 Social Care Support Projects
8 University Wellbeing Services
2,200 Students issued with BiH licences via DSA in 2019
4 SEND Services
4 Private Support Services & VSOs
20% Operating in 20% of English Local Authorities
What is Brain in Hand?

START HERE

- Start building up your Brain in Hand website
- Begin filling out your workbook with your support
- Look back at your traffic light pressures on your timeline and update your website with new ideas
- Release support if things are difficult or if your solutions aren’t working
- Keep track of your mood throughout the day

Identify problems and add solutions to your website

Indirectly access solutions when you need them via your mobile
Brain in Hand Personal Workbook

Module 1 - Deciding what to use Brain in Hand for

- Your support network (p6)
- Your skills, values and successes (p7)
- Strengths and difficulties (p8)
- Managing difficult situations (p9)
- Your goals with Brain in Hand (p10)
What is Brain in Hand?

START HERE

Begin filling out your iWishBook with your support

Start building up your Brain in Hand website

Identify problems and add solutions to your website

Instantly access solutions when you need them via your mobile

Look back at your to-do list, review your timeline. Then set up your website with new ideas.

Release support if things are difficult or if your solutions aren’t working

Keep track of your mood throughout the day

braininhand
personal technology for independent living
**A Tailored Approach**

Brain in Hand Specialists use a personalised, blended approach

**Accessible & Inclusive Technology**

Brain in Hand Software promotes independence and self-management

**Visibility & Understanding**

Brain in Hand Insights encourage individual reflection and enhance communication between individuals, supporters, and organisations

**Early Engagement**

Brain in Hand Targeted Support improves engagement by offering a discreet, technology-enabled alternative to face-to-face contact

**Passporting**

Enables individuals who benefit from Brain in Hand to continue to be funded as they transition from school or college, throughout their internship or apprenticeship, and into employment.

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**Funding**

- Education Health and Care Plan (EHCP)
- Disabled Students’ Allowance (DSA)
- Access to Work - including TechFund
- NHS - CAMHS, NeuroRehab (ABI)
- Social Care - Local Authority Disabled Facilities Grants
- Benefit Payments - managed or individual PIP payments
- Local Authority employment or workplace support projects
- Organisation – e.g. For You By You
- Private individual purchase
Brain in Hand on BBC Click
https://braininhand.co.uk/brain-in-hand-bbc-click/

Sam: returning to work after a period of absence
https://braininhand.co.uk/case-studies/
Sam-manages-her-anxieties-and-returns-to-work/
https://braininhand.co.uk/case-studies/
kirklees-county-council/

Ian: maintaining work
https://braininhand.co.uk/case-studies/ian-stays-in-work/

Hereward College: developing workplace skills on an internship
https://braininhand.co.uk/case-studies/
supported-internship-achieves-55-employment/

Alan/Erica: finding and staying in work
https://braininhand.co.uk/case-studies/employable-mes-ericawont-go-to-work-without-her-brain-in-hand/
https://braininhand.co.uk/case-studies/employable-mes-alan-has-a-better-experience-of-being-in-work/
To find out more, make a referral and to receive a tailored quote please visit - https://www.braininhand.co.uk/workplace/