

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 (% static since 2007)

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**

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Mental Health Foundation - <https://www.mentalhealth.org.uk/statistics>
NAS statistics - <https://www.autism.org.uk/about/what-is/myths-facts-stats.aspx>

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What is Assistive Technology?



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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.

<https://www.gov.uk/government/publications/assistive-technology-definition-and-safe-use/assistive-technology-definition-and-safe-use>

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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>

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What Assistive Technology do you use?

What assistive technology do you recommend or support your service users to use?



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What Assistive Technology is available?

How do I know what is right for my service user?



diversity and ability



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Why do people like Assistive Technology?

What characteristics make it useful?



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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.

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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

4 NHS Trusts

2,200 Students issued
with BiH licences
via DSA in 2019

4 SEND
Services

8 University
Wellbeing
Services

4 Private Support
Services & VSOs

20% Operating in
20% of English
Local Authorities

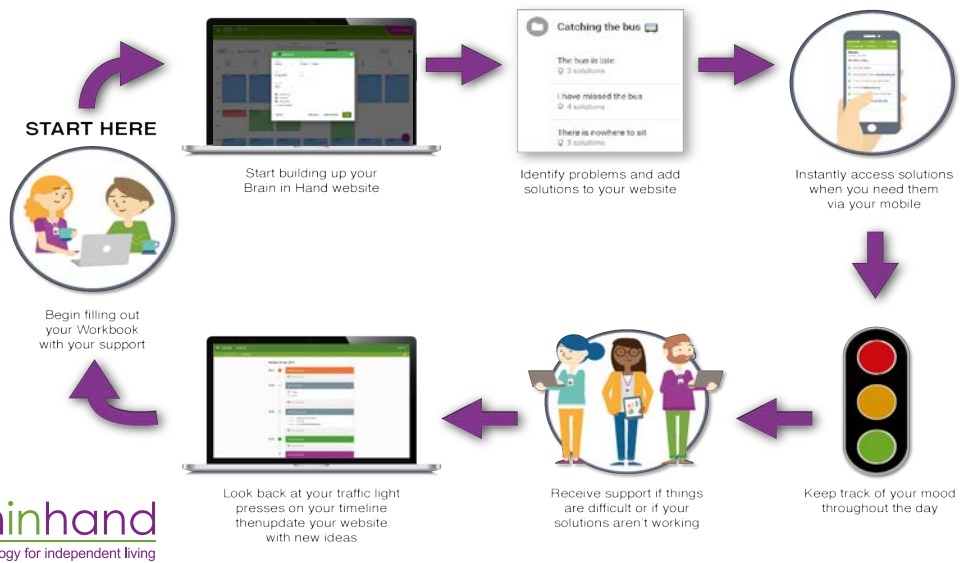
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What is Brain in Hand?



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base Conference 2019

Brain in Hand Personal Workbook

Module 1 – Deciding what to use Brain in Hand for

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

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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

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The Charity for
Civil Servants for you
by you

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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/>

lan: 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-erica-wont-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/>

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A word cloud of various terms related to self-management. The central and largest word is 'SELF-MANAGEMENT' in purple. Other prominent words include 'SUPPORTED', 'PERSON CENTRED', 'INDEPENDENCE', 'enable', 'confidence', 'empower', 'toolkit', 'self-care', 'linked support', 'STRENGTH', 'goals', 'development', and 'rk/'. The words are arranged in a circular pattern around the center.

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thinking differently
about support delivery.

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To find out more, make a referral and to receive a tailored quote
please visit - <https://www.braininhand.co.uk/workplace/>