

Cost effective digital technology enabled care

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Brain in Hand



empower
enable toolkit
self-care
SUPPORTED
confidence
SELF-MANAGEMENT
PERSON CENTRED
development
INDEPENDENCE
goals
STRENGTH
linked support

Turning traditional support on its head



Self Management

Empowering people to take greater control of their support rather than the health care professional taking the lead.

The user, with support, sets their own goals and determines their best way of dealing with day to day problems.



Goal Attainment

We work with the limitations that the users condition might bring, and support the user to be the best that they can be.

This invariably leads the user to require less support over time.



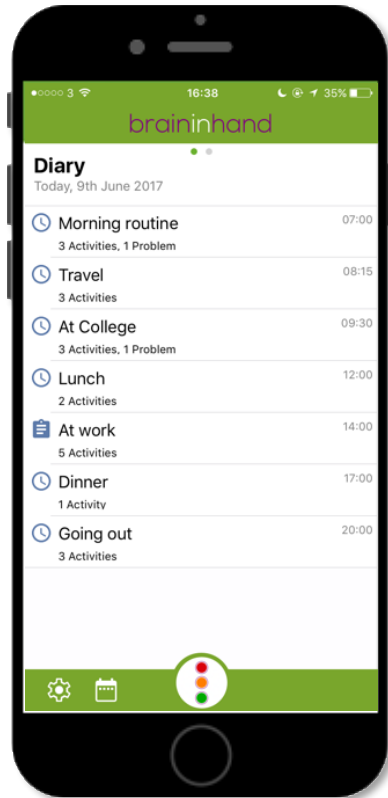
Responder Support

Brain in Hand is with the user whenever and wherever they need to access their own coping strategies and self management tools.

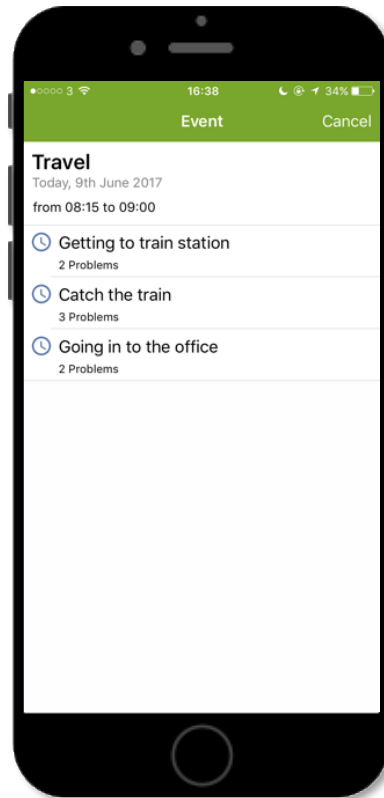
A traffic light system, accessed through via mobile, allows the user to ask for extra help when they need it. Our professional team provides access to support to help manage the users anxiety, but only when it's needed.

Using the mobile application

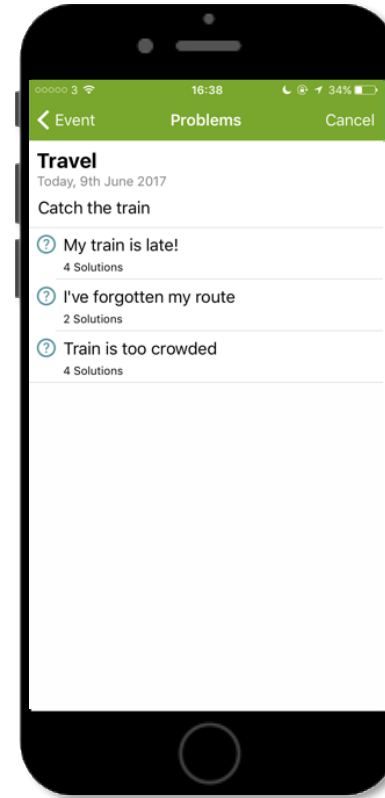
Diary



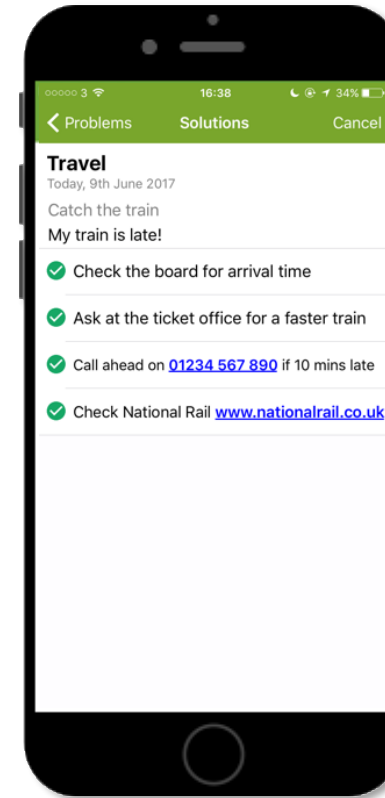
Activities



Problems



Solutions

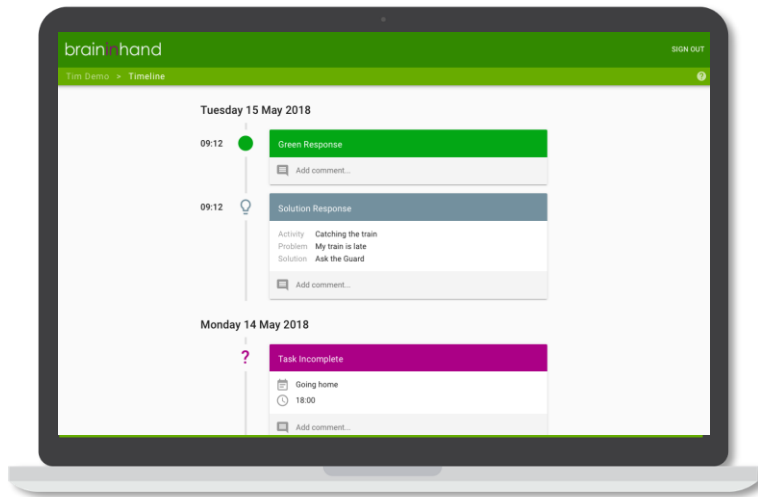


Brain in Hand Support System Part 2

Asking for help to keep your day on track

- A red press, or 3 consecutive amber presses, triggers an alert to a Traffic Light Responder
- Responders receive alerts at a dedicated call center
- Responders will call, text, or email to respond
- Responders are trained to provide a **solution-focused approach** to help the individual get back on track with their day

The timeline



All mobile activity can be viewed on the Brain in Hand timeline. This can be helpful when:

- Spotting patterns of fatigue
- Identifying areas of difficulty and/or patterns of high or low anxiety
- Reinforce positives
- Gain insight
- Evolve strategies.

It's important to use the Timeline to evolve Brain in Hand and update it as the individual learns more.

This can also inform supporters, carers and teams and make contact time more meaningful.

Digital Transformation in the real world

- Digitising the way services are delivered takes;
 - Time
 - Staff buy-in
 - Senior stakeholder commitment
 - Robust programme management skills
 - Good reporting and visibility of the programme
 - Impact monitoring and reporting
- Re-designing the care pathways is critical to accommodate any digital change
- The Brain in Hand team are with you every step of the way and provide organisations with Digital Transformation Specialists to help you make the change.

Kirklees - One of the largest & most populated boroughs in the UK

42,500

People report a common mental health condition

29%

Have experienced a mental health condition over the past 12 months

5yr

Five year forward view leads to transformation plans

Vision is to support vulnerable people and help them to stay in control of their own lives and supporting them to do more for themselves

At a time when demands are rising and a budget shortfall calls for savings to be identified, Kirklees Council are looking at Technology Enabled Care

Where to place Brain in Hand?

CLEAR

Supports 500 adults each year

Variety of courses

Each adult has a key worker

Aims to be short-term support, but re-admittance is common

Kirklees College

College for 16+.

Building self-resilience will help prevent escalation

CAMHS is at a 20 week wait

Sam's story



A HELPING HAND WHENEVER IT'S NEEDED

Sam's story

HOW TECHNOLOGY ENABLED CARE HAS TRANSFORMED PEOPLE'S LIVES

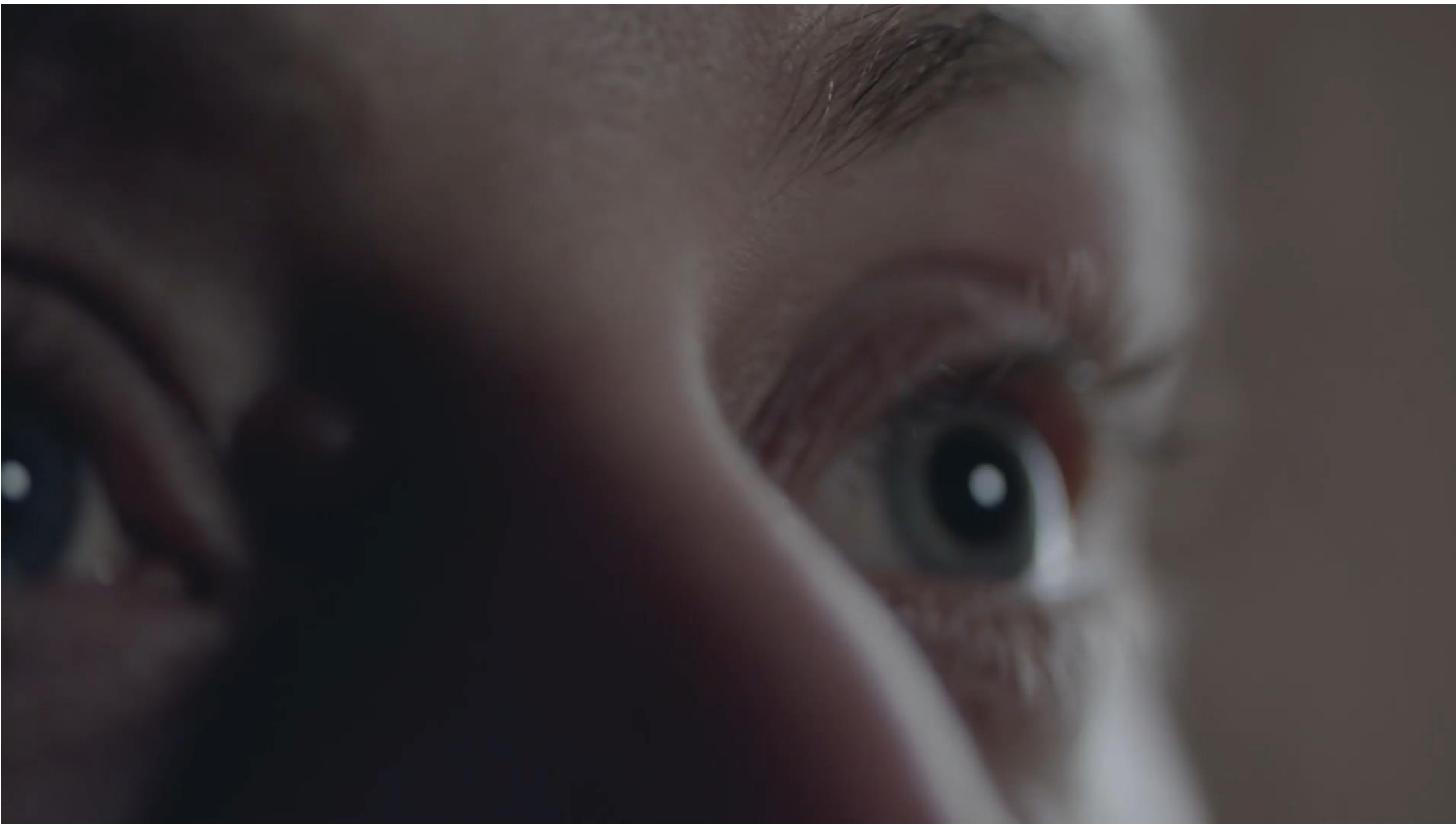
A RESOURCE FOR SOCIAL CARE DIRECTORS AND COMMISSIONERS

ADASS, TSA and Think Local Act Personal selected ten best practice technologies that improve wellbeing, to create a 'case for change', informing political leaders, commissioners and practitioners.

Sam, who uses Brain in Hand as part of a mental health service provided by Kirklees Council is one of the stories documented to bring this to life.

Transforming services



Improving outcomes and saving money

Outcomes

- Increase in independence
- Reduced direct support requirements
- Increase access to services the LA provides
- Safely step down services

Led to cost savings

Mental Health Support Kirklees– sample of 10 users	
Direct costs	Reduced demand
Day care services	£12,792
CPN	£1,716
Psychologists	£2,232
Psychiatrists	£1,548
Supported travel	£8,640
Community mental health services	£2,028
Total	£28,956
Average saving per user	£2,896
Potential avoided costs	Avoided cost
Outpatient A&E	£257*
Unemployment benefit	£7,445*
Crisis resolution team	£28,164*
Hospital services	£579.*
Total	£36,445*
*In line with the methodology applied to other providers, 30% of the potential avoided costs were attributed to this project.	
Grand total saving	£65,401
Average Saving per user	£6,540

Programme assessment

CLEAR staff say that it has improved services, helping them to improve the access to their support, better embed advice, and encourage more independence

“Because we work with such large numbers of people, we are limited in outreach work, so we cannot go out and see the client in their own homes.

So, for us it is fantastic to know that even when we can’t be there, they have Brain in Hand.”

Lauren Bradley, Support Worker, CLEAR

Questions?

*supporting teams
with smart data*



*health,
care and
wellbeing*



*traveling towards
independence*