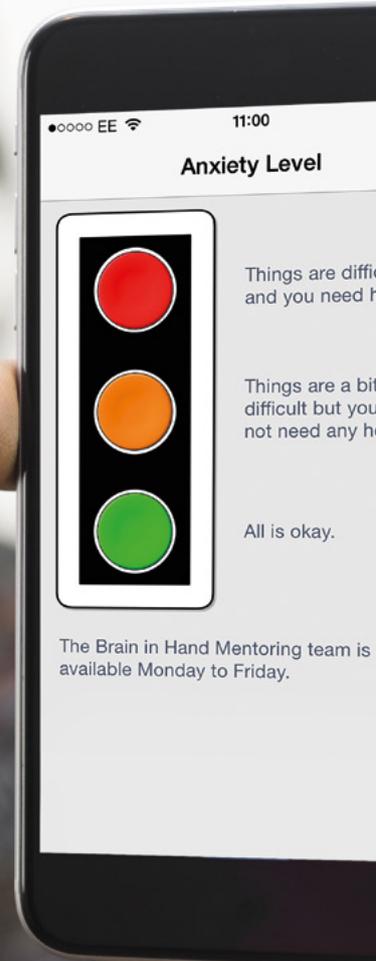


## PERSONALISED SUPPORT FROM A SMARTPHONE

Living with autism, a mental health condition, learning difficulty or brain injury can lead to problems making decisions, controlling emotions and choosing appropriate behaviour. In challenging situations or when feeling anxious, it can become even harder to process thoughts, leading to heightened anxiety and sometimes crisis situations.

The extent to which people are affected varies, but with individualised support, significant progress can be made, helping increase independence and achieve goals.



### PACKED WITH FEATURES

Brain in Hand software helps people to remember the things they need to do, reduce anxiety and feel supported. It also gives support providers valuable information to better manage an individual's care. Together this helps users to achieve their goals – whether that's travelling independently, staying in school, going to college or university, starting work for the first time or just learning how to deal better with life's ups and downs.

Support providers, local authorities, schools, colleges and universities use Brain in Hand as part of their support service and are already benefiting from both improved outcomes and cost savings.

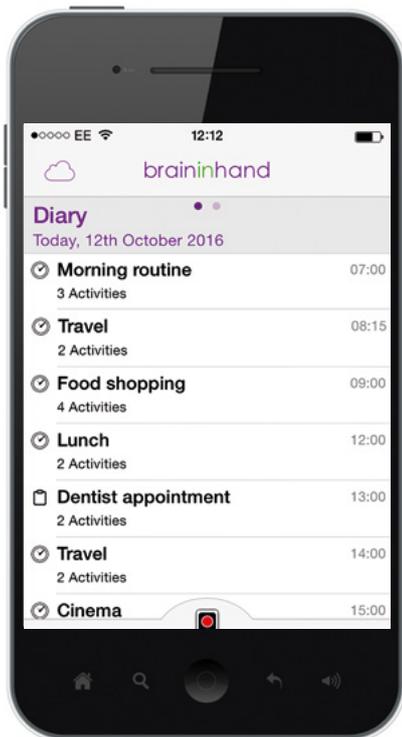
AS FEATURED IN:



# TRANSFORMING LIVES

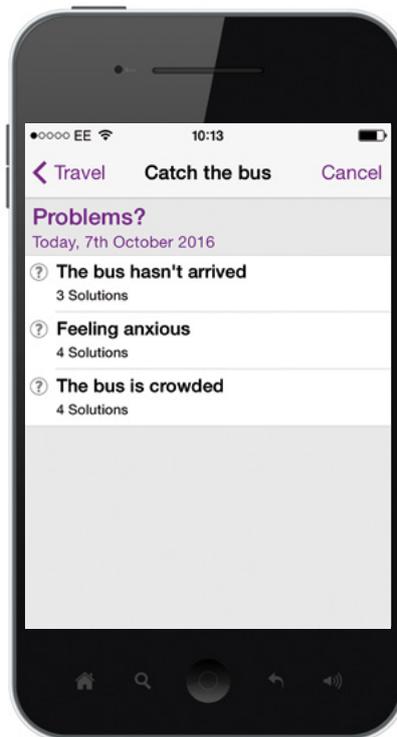
Brain in Hand gives personalised support when and where it's needed, from a smartphone:

## NEVER FORGET



A diary ensures important parts of a person's day aren't missed. Notes also help with difficult to remember tasks.

## REDUCE ANXIETIES



Quick access to an individual's best coping strategies for many of the problems they face.

## FEEL SUPPORTED



A traffic light system monitors a person's anxieties and lets them request additional help if needed.

### Amongst people using the software:

94% REPORT THAT IT'S HAVING A POSITIVE IMPACT ON THEIR LIFE

88% COPE BETTER WITH PROBLEMS AND FEEL MORE CONFIDENT

100% SAY IT PROVIDES THEM WITH HELP WHEN THEY NEED IT.

People using Brain in Hand tell us it's helping to reduce their anxiety and increase their confidence to do more things independently, opening up new horizons in daily life, education or work.

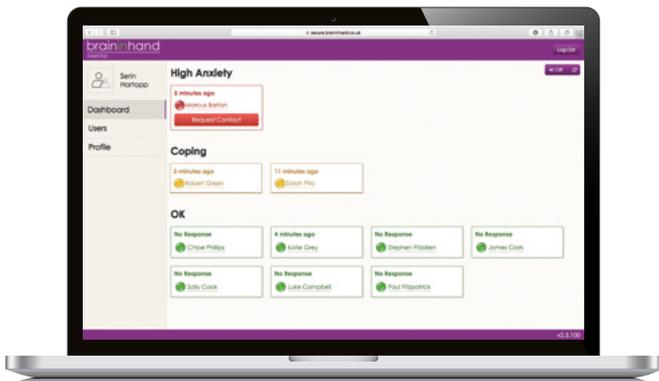
"It's as though I have an older Rosie in my pocket and I can call her up for advice whether I'm just a little uneasy or having a full blown panic attack."

ROSIE KING

# TRANSFORMING SUPPORT SERVICES

The software gives access to a wealth of valuable information to improve support services:

## GREATER VISIBILITY



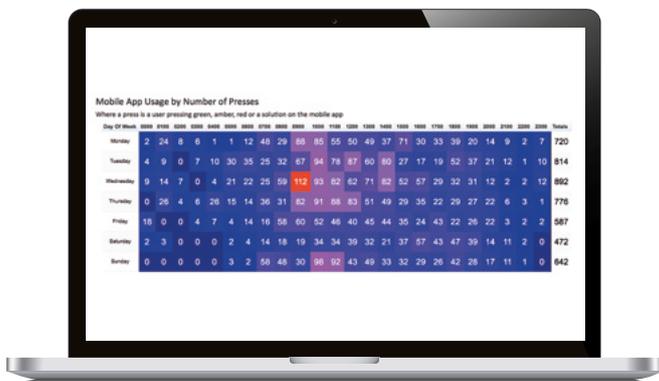
A dashboard gives an overview of anxiety levels for everyone you support, helping you pinpoint who needs attention and identify what works best.

## DEEPER UNDERSTANDING



Detailed usage information better informs support sessions. Families and support providers are able to collaborate, adding advice and vital information to improve wrap around care.

## INFORMED MANAGEMENT



Brain in Hand gives you access to smart data that provides a service-wide view on staffing, service needs and can provide crucial evidence reporting to commissioners.

“Brain in Hand enables us to personalise our support for people more effectively, consistently and across our whole service, by instantly retrieving the approaches that we have evidence work best for them.”

JANE HOWSON, CEO, AUTISM EAST MIDLANDS

Easy to implement, organisations using Brain in Hand report universal reductions in anxiety and restraint measures used with users. User goals are more likely to be achieved and safer discharge planning is seen.

TOGETHER THIS REDUCES COSTS BY UP TO £4,500 EACH YEAR PER USER AND FREES STAFF TO FOCUS MORE ON PROACTIVE SUPPORT.



Sarah, 30, from Farnborough in Hampshire is on the autistic spectrum. She has found it hard to stay in employment for longer than three to four months. But since using Brain in Hand, she has stayed in work for the first time.

"I'm currently using Brain in Hand and this has helped me. I am training to become a dental nurse and have now been offered a contract working with one particular dentist."

Dagmawit, 22, from London, is studying Inclusive Performance at Chickenshed Theatre Company, in partnership with Middlesex University and is using Brain in Hand.

"There are many aspects of University life I find challenging. Brain in Hand has helped me to solve all sorts of problems by myself, which has really built my confidence."



Luke, 47, finds it very hard to cope with the daily stresses of life, in particular unexpected changes. Supported by Autism East Midlands, he has been using Brain in Hand for more than two years.

"I have a Brain in Hand phone and it's helped me to control my anxieties and stress. It has really really helped me control my anger for the problems I face and I've got much better ever since using it."

Bethan, 16, from the Wirral, has Asperger's syndrome. She's bright and capable but is easily stressed when faced with new challenges at school.

Her mum Kate says "It is absolutely brilliant. Bethan had struggled with stress ... and getting from A to B, for a long time. Since she got the app, she managed to sit her GCSEs and surprised us by how well she did, and is managing life in a completely new college environment, without her mum taking her to the school gates."



Join organisations including The National Autistic Society, Autism East Midlands, Autism Together, The YOU Trust, Macintyre, Connerways, Speaking Space, The Care Division, The Kingwood Trust and NHS Surrey and Borders; local authorities such as Hampshire, Warwickshire, Solihull, Kingston, Kent, North Somerset, Devon, Wokingham, Doncaster, Northamptonshire, Barnet; and educational institutions including Petroc College, West Exe School and De Montfort University in delivering empowered support with Brain in Hand.

TO INNOVATE YOUR SUPPORT GET IN TOUCH



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