# braininhand

Personal technology for independent working & living

A digital self-management support system combining:

**Personalized Solutions to Problems**

**Emotional & Mental Health Support**

**Job Task & Duties Lists**

**Work Integration Guidance**

**Professional Human Support**

People can access solutions wherever & whenever they need.

braininhand
personal technology for independent living

Distinctability

Brain in Hand is about *keeping today on track!*

Empowers People to:

- access solutions wherever and whenever

- manage anxiety

- learn new skills + remember things

- develop coping-strategies

- plan and organize time

- monitor and review progress

- request human support, if needed

**braininhand**
personal technology for independent living

Distinctability
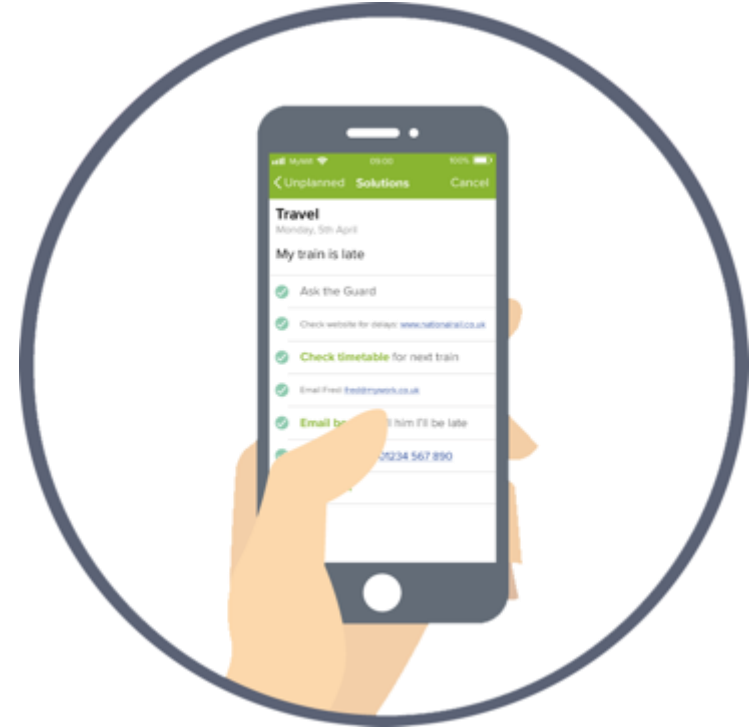
# Provide innovative, inclusive support for employees; helping to *keep today on track*.

## One-to-one support

A qualified Brain in Hand Coach works with:

-Person to identify goals, job duties, problems and solutions

-Employer to understand / support job tasks, work environment +

## Web and mobile software

It's all personalized on a secure web page and accessed on any smart device whenever needed to:

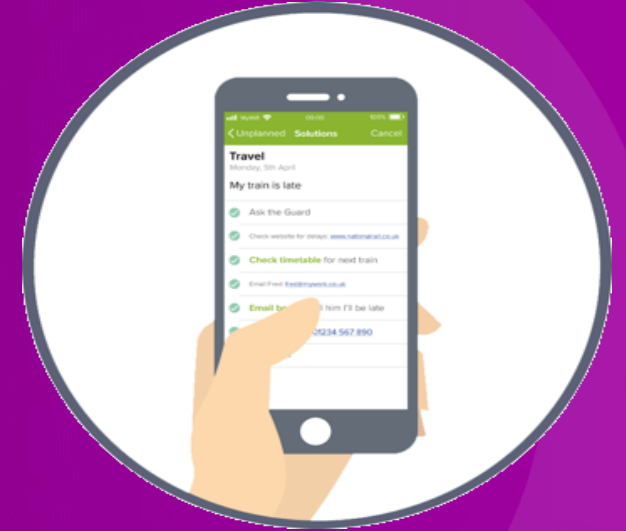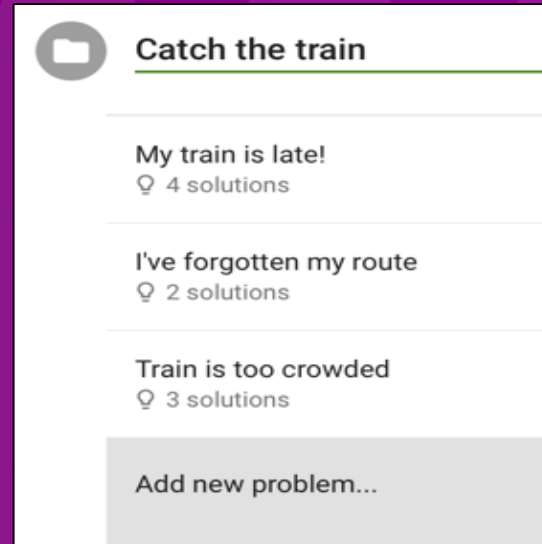-Manage anxiety

-Complete tasks

-Remember things +

## Round-the-clock support

Whenever an employee needs some extra help, they can use a simple traffic light system to let someone know they could use some support.

This could our Brain in Hand response team, a staff member or someone else supporting the person.

**braininhand**
personal technology for independent living

**DIstinctability**
Transforming inclusive Employment

# How does Brain in Hand work?



**Catch the train**

My train is late!
♀ 4 solutions

I've forgotten my route
♀ 2 solutions

Train is too crowded
♀ 3 solutions

Add new problem...

Identify problems and add solutions that are tailored to the Person

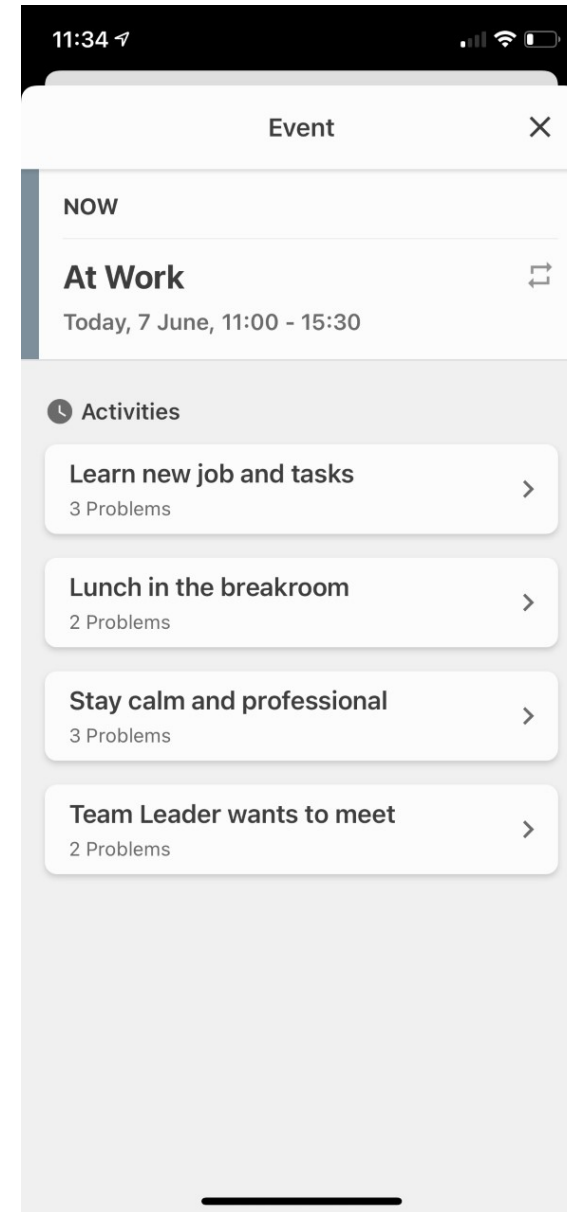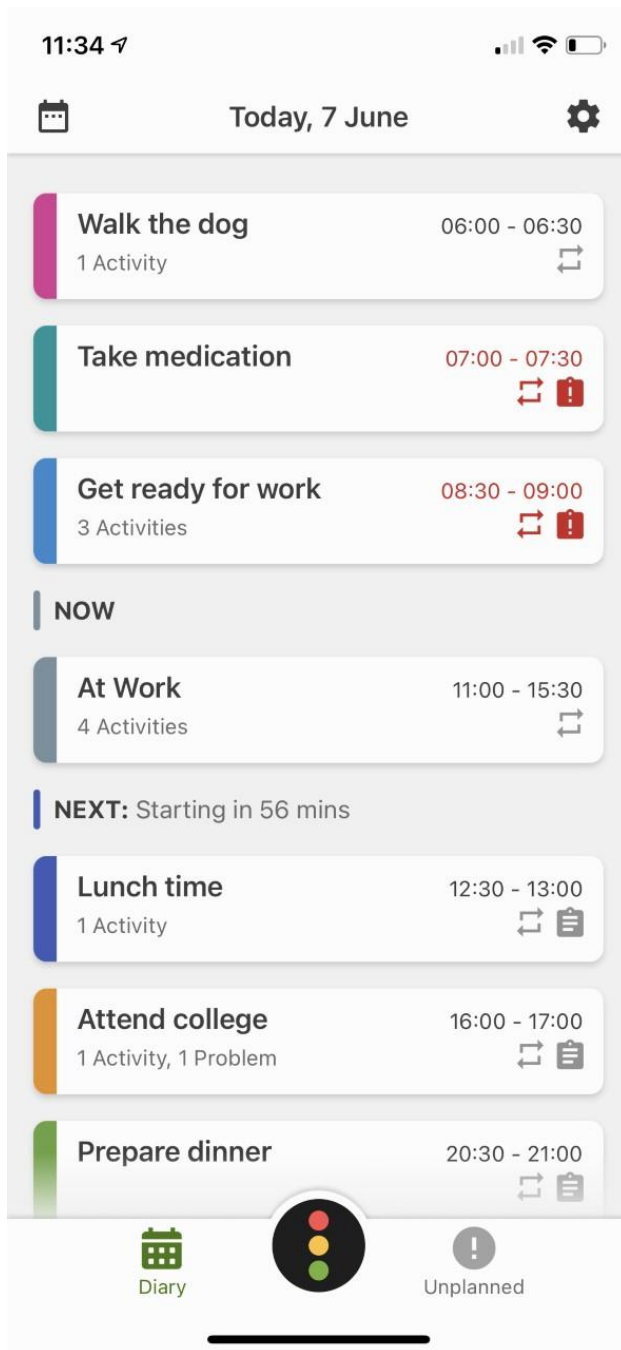Instantly access solutions when needed on the Brain in Hand App
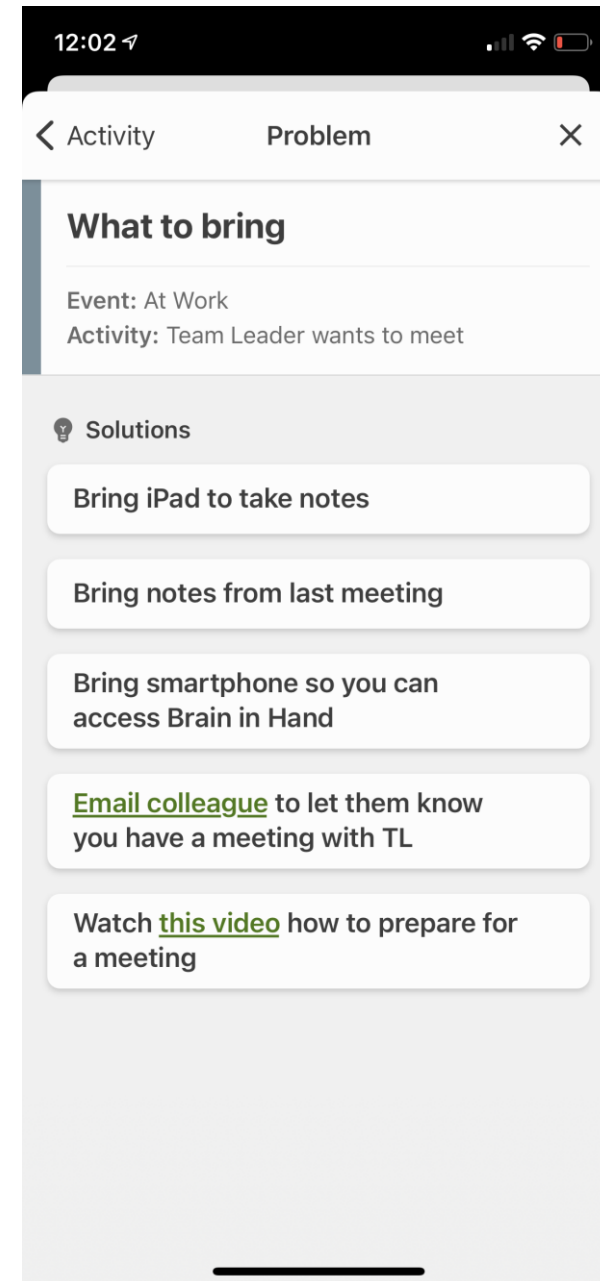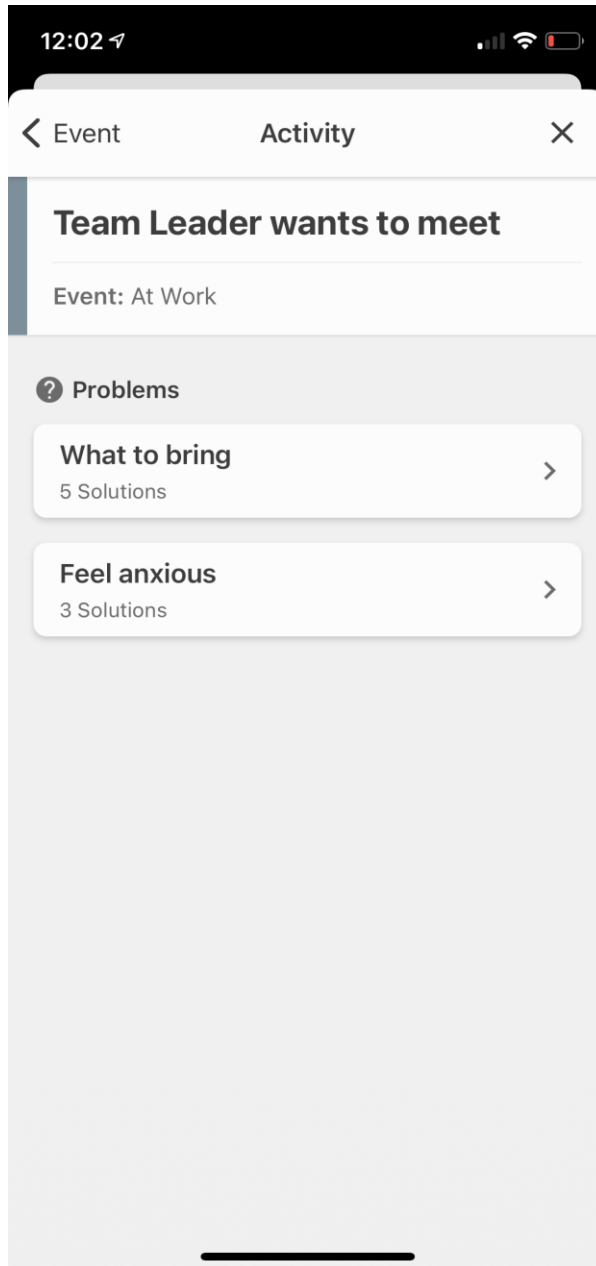
# The Website

- Calendar
- Routines
- Checklists
- Reminders
- Links to support and resources
- Problems and solutions
- Best strategies
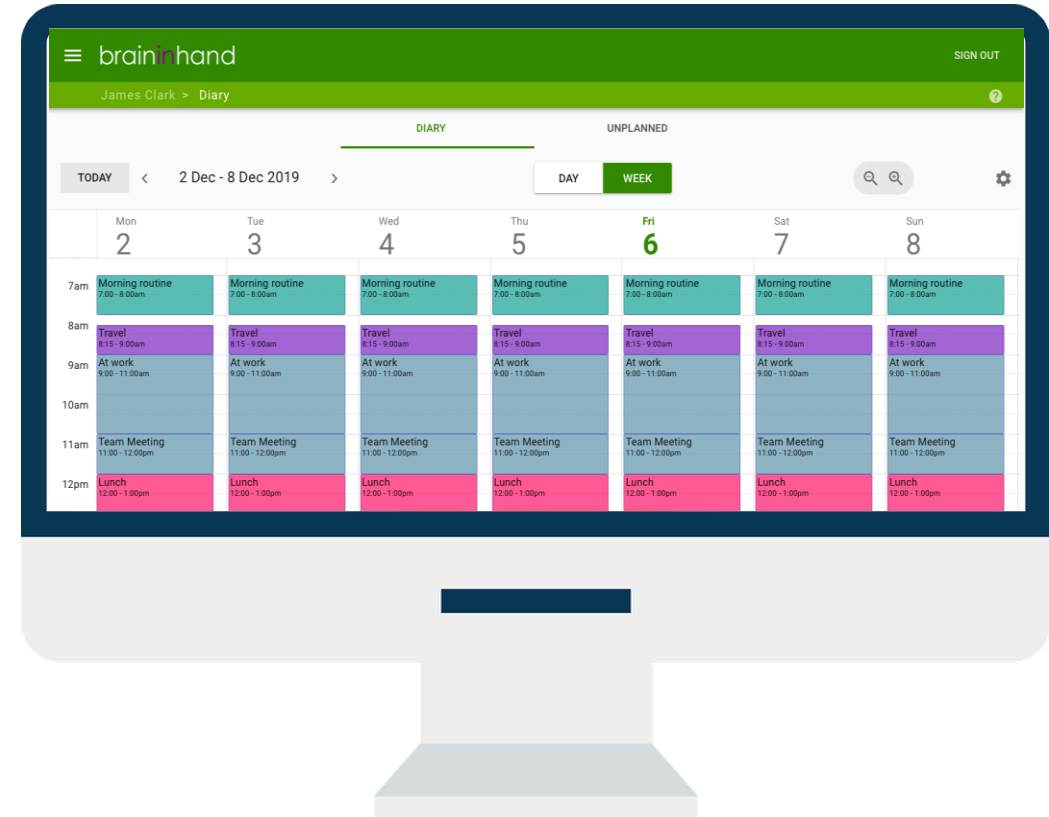
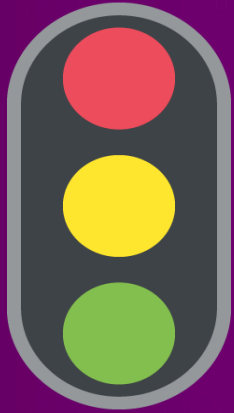# Demo User Logins

| Username | Password |
|---|---|
| george1@distinctability-demo | Solutions1! |
| sandy@distinctability-demo | Solutions1! |

**Screen 1 (left):**

11:34

Today, 7 June

| Walk the dog | 06:00 - 06:30 |
| 1 Activity | |

| Take medication | 07:00 - 07:30 |

| Get ready for work | 08:30 - 09:00 |
| 3 Activities | |

**NOW**

| At Work | 11:00 - 15:30 |
| 4 Activities | |

**NEXT:** Starting in 56 mins

| Lunch time | 12:30 - 13:00 |
| 1 Activity | |

| Attend college | 16:00 - 17:00 |
| 1 Activity, 1 Problem | |

| Prepare dinner | 20:30 - 21:00 |

Diary     Unplanned

**Screen 2 (right):**

11:34

Event

**NOW**

At Work
Today, 7 June, 11:00 - 15:30

🕐 Activities

Learn new job and tasks
3 Problems

Lunch in the breakroom
2 Problems

Stay calm and professional
3 Problems

Team Leader wants to meet
2 Problems

**D**i**stinct**ability
Transforming Inclusive Employment

## Screen 1

**Team Leader wants to meet**

Event: At Work

❓ **Problems**

**What to bring**
5 Solutions   ›

**Feel anxious**
3 Solutions   ›

## Screen 2

**What to bring**

Event: At Work
Activity: Team Leader wants to meet

💡 **Solutions**

Bring iPad to take notes

Bring notes from last meeting

Bring smartphone so you can access Brain in Hand

Email colleague to let them know you have a meeting with TL

Watch this video how to prepare for a meeting

**D(i)stinctability**
Transforming Inclusive Employment

Receive support if things are difficult or if your solutions aren't working

Keep track of your mood throughout the day

Look back at your app presses on your timeline then update your website with new ideas
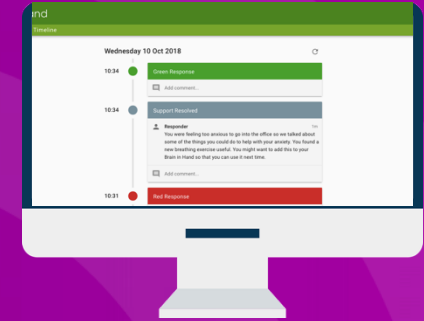
# BIH and the Solution Focused Approach

To help users to become more independent, they need to be supported to identify their own solutions instead of being told what to do.
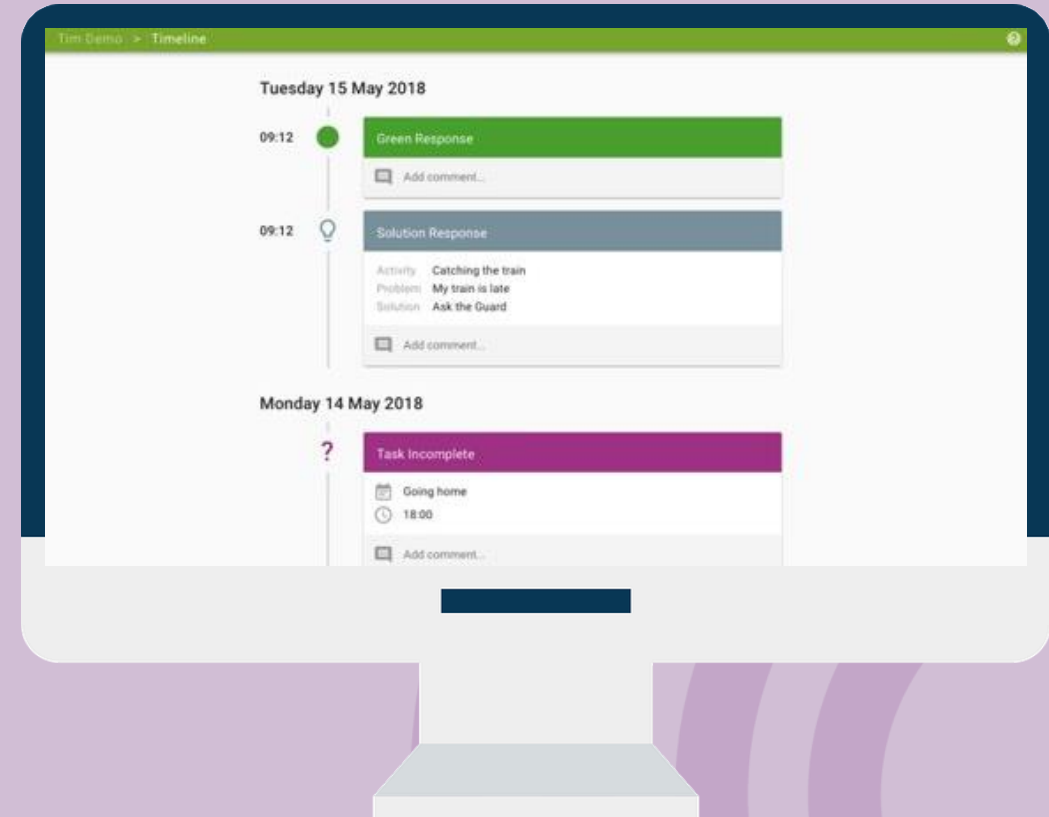
- SFA focuses on strengths, skills and successes instead of focusing on 'what's wrong'.

- You don't need to know what caused a problem in order to solve it.

- Embedded throughout Brain in Hand from setup to learning from difficult situations.

- Change and goal focused.

**braininhand**

personal technology for independent living
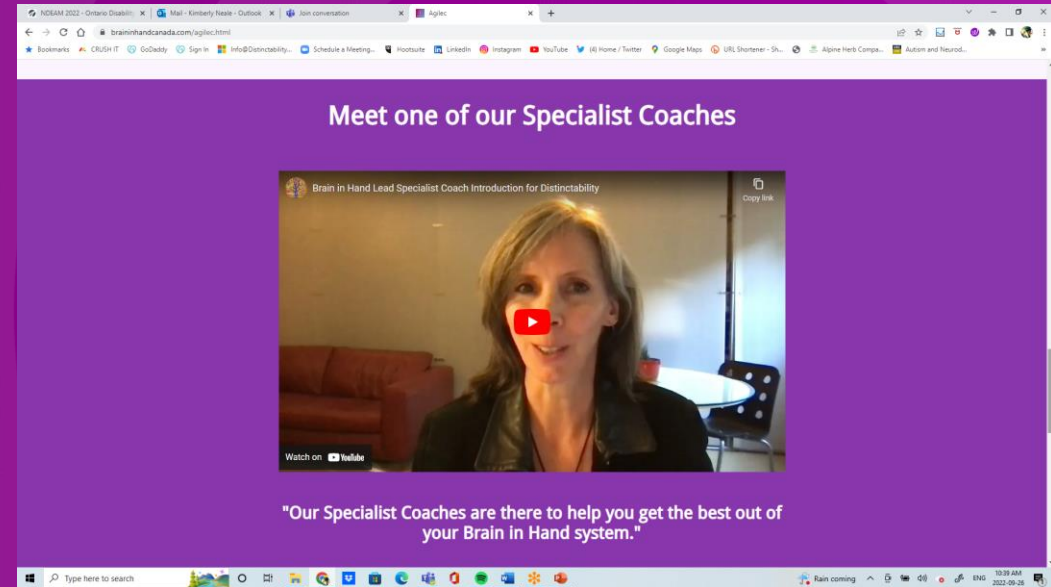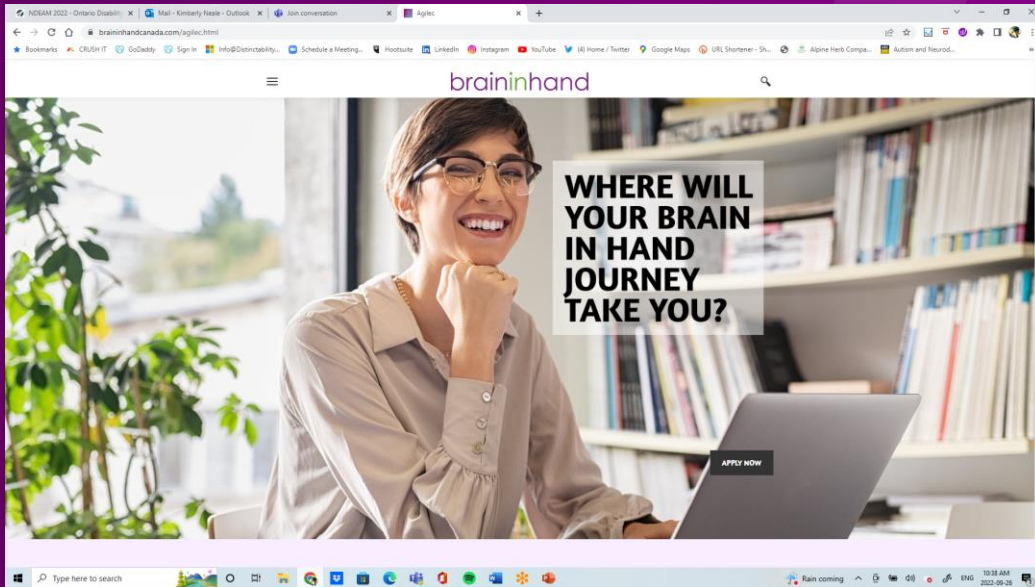
**Distinctability**
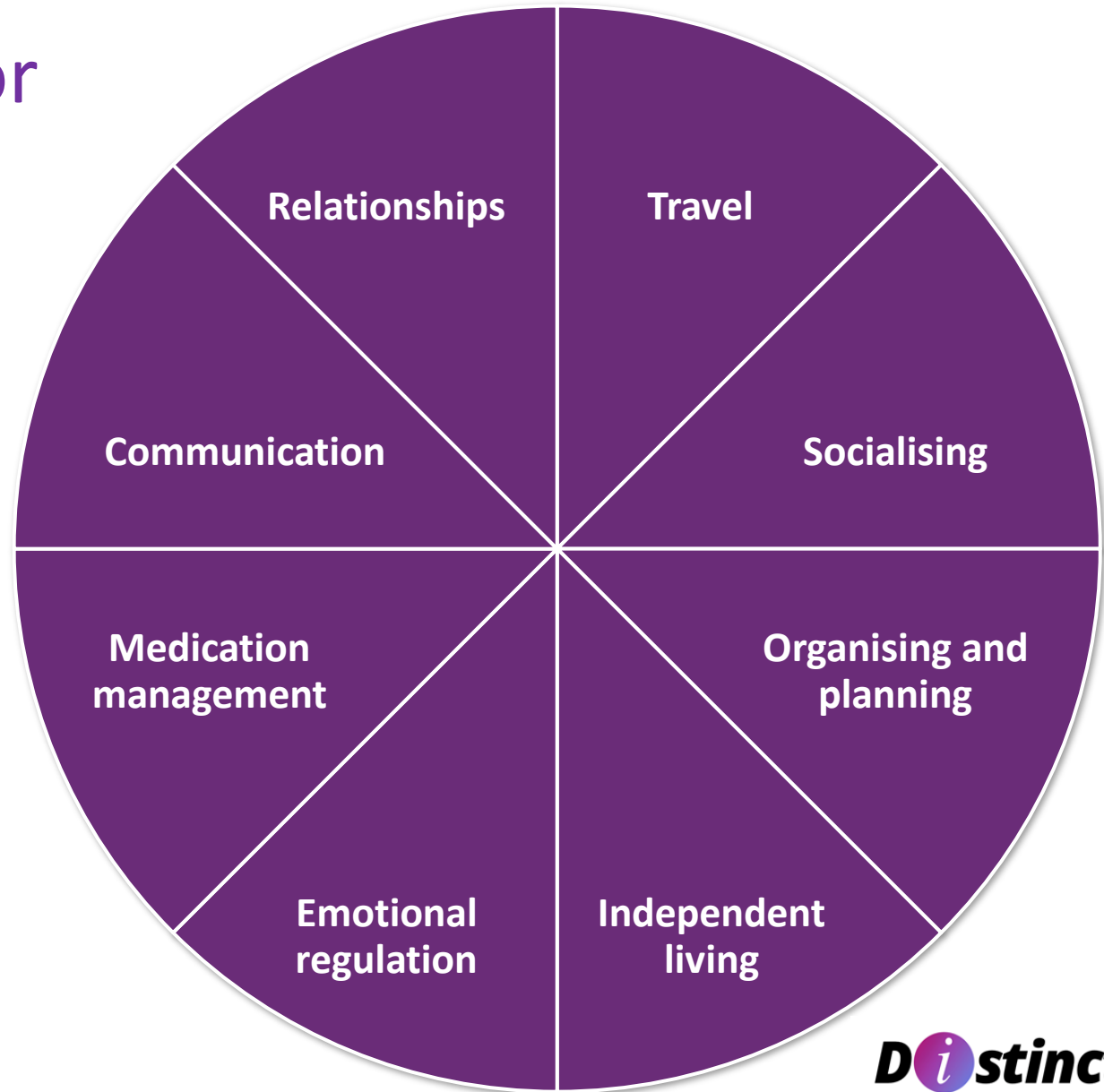
# Review progress on the Timeline

- Timeline of all app activity
- Solutions
- Traffic lights
- Completed tasks
- Comments
- Reinforce positives
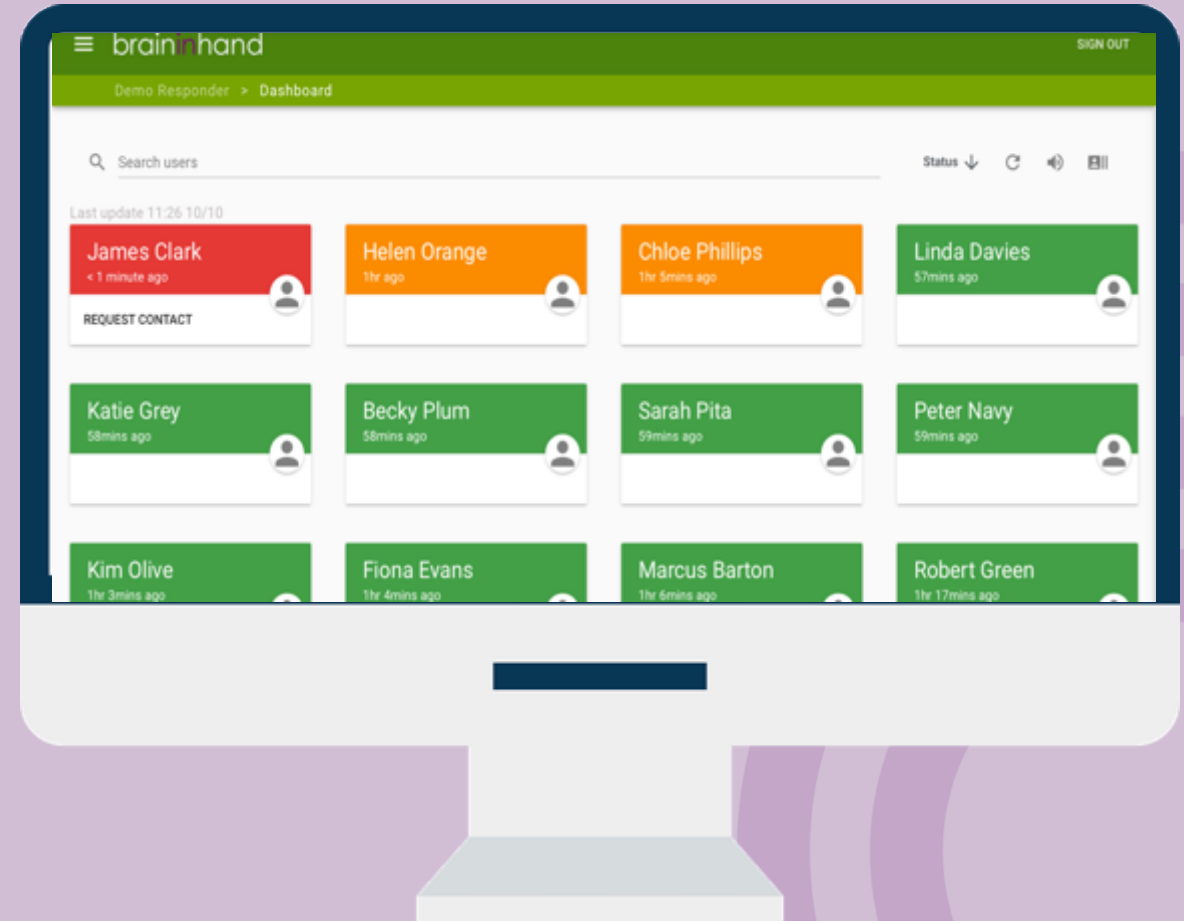- Gain insight
- Evolve strategies.



**braininhand**
personal technology for independent living

**Distinctability**
Transforming Inclusive Employment

# Self Referral Portal

# A Tool for Supporters

Staff can monitor a cohort of users and access each user's BIH website to view their timeline, diary, and strategies.

Traffic light responders can use the dashboard to log when they are responding to a user.



**braininhand**
personal technology for independent living

**Distinctability**
Transforming Inclusive Employment

Transforming services

# Benefits for Employers + Supporter Professionals

- Digitally delivered support

- Person-centred support that's joined up

- Transition or learning period support

- More informed and can target interventions

- Support more people effectively (reduce firefighting)

- Greater understanding to inform learning

- Increased effectiveness, evidence and impact

- Tool to capture action items + activities

braininhand
personal technology for independent living

Distinctability
Transforming Inclusive Employment