

ARBENNIG UNIT

487 ABERGELE ROAD, COLWYN BAY
CONWY



The Arbennig unit provides specialised services for 13 people diagnosed with Alcohol Related Brain Damage (ARBD), which includes Acquired Brain Injury, Korsakoff's and Alcohol related dementia.



Our skilled and motivated staff provide a calm, predictable, and well structured environment where information is cued with visual or verbal prompts.



Treatment is provided within the context of our clinical support model, which focuses support on alcohol abstinence, family involvement, and rehabilitation.

Arbennig utilise a baseline measure (similar to MOCA) called Addenbrookes (ACE- 111) which is reviewed every 3 months. Using the Functional Independence Measure and Functional Assessment Measure, we will determine areas where support and rehabilitation is to be focused. Functional and cognitive assessments are repeated periodically, according to individual need and changes.



The support we provide is designed to encourage and enable the re-learning of the individual's skills, building self-esteem and supporting the individual towards new beginnings.



We believe that people with a diagnosis of Alcohol Related Brain Damage can benefit from this person centred environment.

A no alcohol policy is enforced to prevent further impairment. Staff will support residents to develop relapse prevention strategies, working with local agencies.

Due to the specialist nature of this service, we take referrals from across the UK

CASE STUDY

HB has a diagnosis of paranoid schizophrenia and has had a long history of alcohol misuse. HB was detained under a section 3 at Clatterbridge hospital due to his chaotic behaviours, excessive use of alcohol and fixation on using over the counter medication. In December 2015 Consultant Psychiatrist Professor Wilson recommended that HB should be admitted to the Arbennig unit for rehabilitation as HB was suffering from a significant degree of alcohol related brain damage.

- On admission staff observed symptoms of paranoid psychosis which alcohol may have previously masked. HB was experiencing hallucinations and delusional beliefs in that he thought he was Hebrew and he became obsessed with attending churches and carrying daily rituals.
- In addition, HB struggled on a day to day basis believing he had illnesses, which was not the case. HB would repeatedly call paramedics to the service and would purchase large quantities of over the counter medication and hide them in his bedroom.
- Within a short period of time HB's mental health had declined to the point where he was in crisis and the local CMHT became involved.

With the support of the Arbennig staff team HB attended regular reviews with the consultant psychiatrist and was prescribed new psychiatric medication which appeared to help him to become stable. Staff then focused on supporting HB to overcome his obsession with medication. Staff used practical everyday measures in that they gave HB a diary with medication times recorded. After a period of time staff would only need to prompt HB to check his diary, this progressed and medication times became an implicit memory.

- Over the last four years there has been significant improvement in HB's cognitive functioning. The foundation of HB's recovery was staff utilising FIM + FAM UK, providing a thiamine enriched diet and support to abstain from alcohol. This then enabled Staff to support HB to develop and learn new ADL skills.
- HB set himself two goals, firstly to drive again and secondly to have his own flat in the community. HB has engaged well with the staff team and has worked hard to reach these goals. HB was assessed and had his driving licence reinstated as he is now cognitively stable enough to drive.
- HB purchased a car and has recently drove to the Wirral for a review at the Stein Centre with Professor Wilson who stated he is as cognitively well as he has ever seen him.

OUTCOME: HB has recently moved into a single occupancy flat in the community. HB states he is looking forward to his future and his next goal is to get a dog, as he has missed having that companionship.

CONTACT THE TEAM TODAY

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