

## **Brainkind Adapt FAQs**

Brainkind Adapt is for guidance purposes only. It is not a medical or diagnostic tool.

Brainkind Adapt is an online tool designed to support professionals working with survivors of domestic abuse, to have structured conversations about head injury, non-fatal strangulation and the subsequent difficulties they are experiencing. Additionally, it aids professionals and survivors in thinking about next steps.

### **Who can use Brainkind Adapt?**

Any professional working with someone who has experienced domestic abuse can use the online tool.

### **Can domestic abuse survivors use it on their own?**

Brainkind Adapt is designed to support structured conversations about brain injury between professionals and survivors of domestic abuse. We would not advise people to use the tool without support

### **Is it free to access Brainkind Adapt? Do I need to register to use it?**

Brainkind Adapt is freely available on the Brainkind website. It does not require registration before use.

### **When should I use Brainkind Adapt?**

Brainkind Adapt is flexible tool which can be helpful in a range of situations. You may want to use it when the person you are working with:

- discloses they have experienced head injury or non-fatal strangulation (NFS)
- reports changes to their cognition, emotions or behaviour following a head injury or NFS
- has a diagnosed brain injury and would like to understand more about their symptoms

We understand it can feel difficult to talk about the possibility of brain injury. Brainkind Adapt is designed to help you navigate this conversation in a safe and structured way. Talking about brain injury is no different to conversations that you will have with survivors about other sensitive issues related to domestic abuse. You should approach it by:

- Explaining what Brainkind Adapt is and how it works
- Checking that the person feels comfortable talking about their experiences and completing an online tool
- Checking in with them as you work through the questions, making it clear that they can stop at any time

**How long does Brainkind Adapt take to use?**

We would recommend allowing at least 20 minutes to complete Brainkind Adapt

**Could the person I am working with be identified?**

Brainkind Adapt does not ask for any personal identifying information. All the data that is stored is completely anonymised.

**What data is stored and how is it used?**

Anonymised data is stored by Brainkind. The anonymised data is used to evaluate Brainkind Adapt and better understand the experiences of those who have experienced head injury and non -fatal strangulation in the context of domestic abuse.

**How do I shut the screen quickly?**

There is a white button on the top right of the screen “hide this site” which will instantly close Brainkind Adapt.

**What happens once I have completed Brainkind Adapt with the person I am supporting?**

Once answers have been submitted to all the questions, a summary of the persons answers will appear on screen. These can be saved as a pdf and shared with the person you are supporting. They may wish to take it to their GP to have a further conversation about possible brain injury.

**Does Brainkind Adapt diagnose brain injury?**

Brain injury can only be diagnosed by a doctor. Brainkind adapt is not a medical or diagnostic tool. It simply supports conversations about brain injury so that the survivor can think about whether they want to explore their history of head injuries or NFS further. The pdf generated at the end of the questions is designed to be starting point for conversations about brain injury with medical professionals.

**What if the person requests a diagnosis or wants to know more?**

If the person you are supporting is concerned that they may have an undiagnosed brain injury, we would recommend that they take the summary of their experiences and symptoms to their GP. The GP will be able to think with them about whether further medical investigations are needed.

**The person I am supporting has a diagnosed brain injury is Brainkind adapt still helpful?**

Brainkind adapt can be helpful for people with a diagnosed brain injury to explore the difficulties they are experiencing and think about what support they might benefit from. At the end of the online tool, a summary of the difficulties they have reported as most challenging is generated. This can be helpful when thinking about what support the person may need. Our Brainkind Adapt: Accommodations Guide provides helpful advice on how to support a range of difficulties experienced by people living with brain injury.

### **How can I support the person with their difficulties?**

Once the Brainkind Adapt questions have been completed, you will be signposted to our Brainkind Adapt: Accommodations guide. This has helpful suggestions for how services can best support people who may be living with a brain injury.