

# Community Rehabilitation and Brain Injury Service (CRABIS)

Information for patients

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**You have been referred to Clinical Neuropsychology in the Community Rehabilitation and Brain Injury Service (CRABIS) .**

## **Who are we?**

CRABIS is a service for people living in West Lothian. The service includes Clinical Neuropsychology, Occupational Therapy, Speech and Language Therapy and Physiotherapy. You may have been referred to several of these CRABIS services at the same time.

CRABIS Clinical Neuropsychology provides specialist neuropsychological assessment, advice and intervention following:

- Acquired Brain Injury (e.g. Stroke, Traumatic Brain Injury, Epilepsy, infections of the brain such as Encephalitis)
- Functional Neurological Disorder (e.g. dissociative seizures or cognitive issues such as 'brain fog')
- Progressive Neurological Conditions (e.g. Multiple Sclerosis, Huntington's Disease).

## **What will happen at the initial assessment appointment?**

At the 1<sup>st</sup> appointment you will be asked to describe the difficulties you are experiencing because of your neurological condition. These may be cognitive, emotional, social and/or behavioural changes you have noticed within yourself. You will receive two questionnaires in the post to complete and bring along with you. We will also ask for some background information including other things that might be impacting your current difficulties, and how things were for you before your neurological condition.

If you want to have a relative or close friend present at your appointment this can be helpful. They can provide further information and an additional perspective about your cognitive function and psychological wellbeing.

The 1<sup>st</sup> appointment will typically last 45-60 minutes. At the end of the 1<sup>st</sup> session, we will discuss the outcome of the assessment and decide with you on the most appropriate next step in your care.

## **What do we do?**

We might:

- Conduct a detailed assessment of your thinking and learning skills, to offer recommendations to manage these difficulties in your day-to-day life (e.g. difficulties remembering information, concentrating on tasks, solving problems. This could include occupational recommendations if you are working
- Explore cognitive and/or behavioural approaches with you to help with the emotional challenges of adjusting to a neurological condition. This often includes approaches to help manage other difficulties such as fatigue or sensory challenges, including daily routine and sleep difficulties
- Work with your family members to explore how best to support you
- Talk with other healthcare professionals involved in your care to help support the work you may be doing with them.

Appointments typically last 45-60 minutes. There are options for your appointments to be face to face or remotely via telephone or video link, depending on your preference. Face to face appointments are normally at St John's Hospital or Strathbrock Partnership Centre in Broxburn.

## **How to get in touch with us**

If you have any further questions about your referral, or if you no longer wish to be seen, please phone us or email us and we will get back to you as soon as possible.

Tel: **0131 537 9128**      Email: **loth.crabiswl@nhs.scot**

### **Community Rehabilitation and Brain Injury Service (CRABIS)**

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