

Stories Behind the Cases

Striding for strength after brain injury

Esther's story



In her 40s, business professional Esther suffered a brain injury after a fall, which also caused hydrocephalus - too much fluid on the brain.

Esther returned to work slowly after months of sick leave, but was presenting with memory issues, neuro fatigue, and mood changes. She didn't know what would help her improve, and she couldn't see a way through. ***What would help?***

The need

When Esther fell off a motorised scooter in a foreign country, she thought nothing of it. But the next day, when she had a seizure, it was evident she needed to be taken to hospital, where she stayed for eight days.

She had suffered a concussion, a fractured skull, and a diagnosis of hydrocephalus - all of which caused Esther to halt the fast-paced career she had loved for 20 years.

After a slow return to the workplace, Esther was referred to Krysalis where her needs and potential to return to full-time work would be assessed.



The question

Esther was concerned about the symptoms she was experiencing. She described her challenges as painful and physically difficult. She experienced issues with attention, spatial awareness, and memory.

She was introduced to neurological occupational therapist, Anna, near to a year after her injury.

Anna was aware of the complexities of symptoms caused by traumatic brain injury, and knew her role would support Esther in understanding her symptoms, and answer the biggest question of all:

"COULD ESTHER GO BACK TO WORK AND IF SO, HOW?"

“The teaching, the tools, the techniques, around boundaries, balancing the day, taking breaks, and really understanding what was going on. And having someone to regularly talk to, very openly, about how I was feeling. That was important to me.”

Esther



“The support has just been hugely appreciated in terms of making me human again; helping me to return to work at full time hours, and helping me to understand my pace is different now, and I’m good with it.”

”

Esther



Seeing the whole picture

When Anna started Esther’s assessment, it was clear that Esther needed to understand and manage her symptoms.

Before her injury, Esther was used to a fast-paced life, with a job that required long work days, and a busy social life.

With Anna, Esther was educated on the importance of setting boundaries and managing her internal battery to prevent burnout. She understood how neuro fatigue impacted her and recognised the need to slow down her pace.

Anna emphasised the importance of breaks and a balanced workload, and introduced relaxing activities such as journaling, exercise, and getting out in nature.



Specialist support

After Anna’s emphasis on exercise, Esther completed a sponsored walk of 25 miles in 2 weeks with a brain injury charity. This work hardening exercise helped boost confidence and resilience for work - and with her mother, Esther managed 27.2 miles, and smashed her fundraising target of £500.

As Esther’s confidence grew in managing her symptoms, she shared materials she and Anna had developed with colleagues to help them understand her condition. This all helped Esther to feel like she could return to full-time work.

“Esther has been opened minded and has embraced learning about her needs - changing her habits, routines and roles. She’s really leaned into the rehab process and in turn has empowered herself and her workplace.”

”

Anna Finlay
Occupational Therapist

“DID ESTHER RETURN TO WORK?”

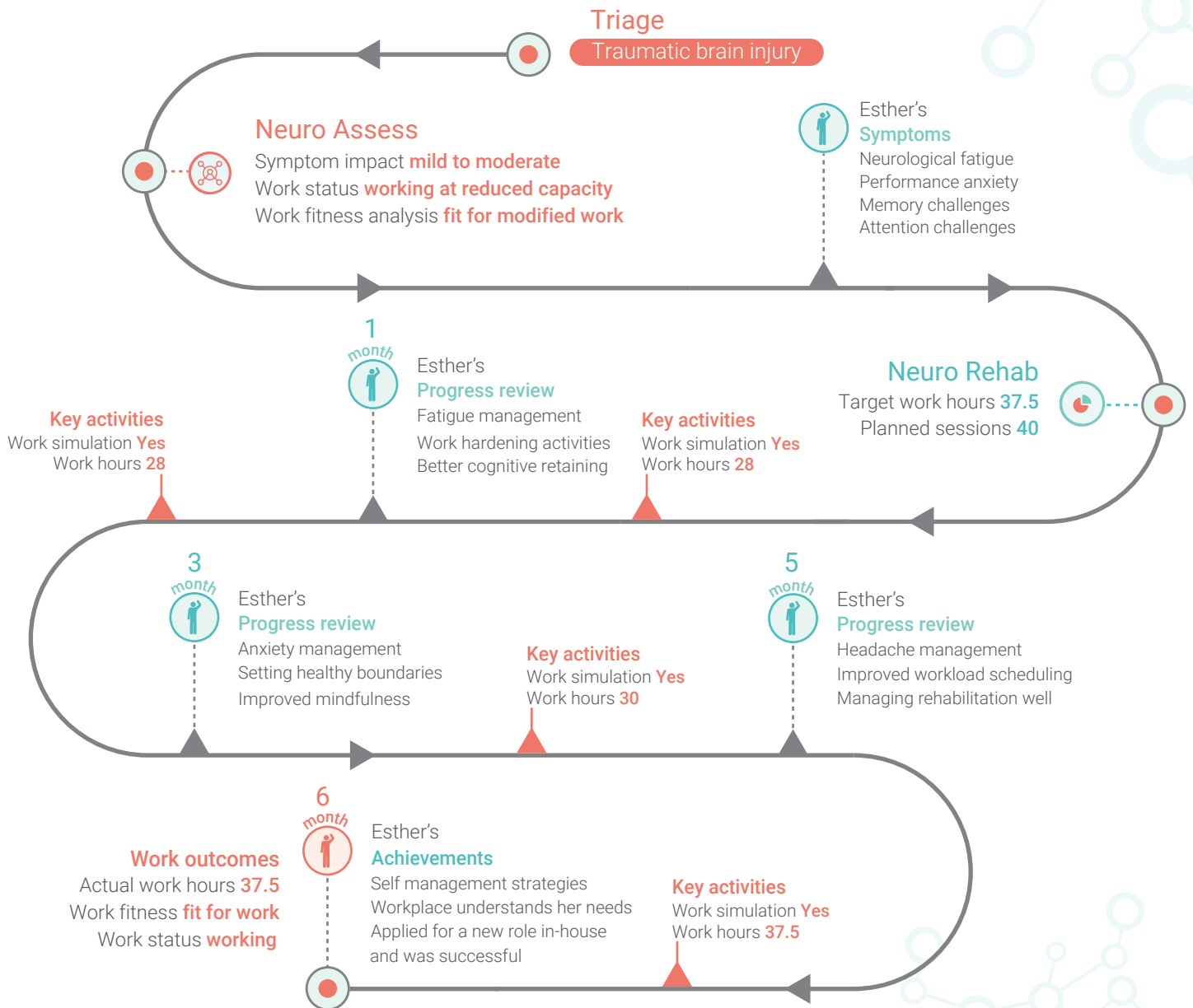
With Anna’s guidance and specialist intervention, Esther returned to full-time work, and was successful in applying to a new role within the company. This intervention helped Esther learn about her needs, and learn how to reduce and manage her symptoms to succeed at work, as well as in other areas of her life.



Neuro Rewire

For individuals with clear work potential at assessment

- What **Goal orientated vocational rehab pathways**
- Programme **Treatment**
- Expected duration of programme **0 - 6 months**



Neuro Logical from Krysalis is a dedicated service for the workplace helping individuals, as well as insurance providers and employers, to understand work capabilities and overcome challenges.

neuro:logical
that makes sense.



“ I thought it was really interesting to understand what sits underneath – the ‘whys’. Like why was something happening that never been an issue before, and understanding why it was happening now, and how it was linked to memory. ”

Esther



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