

## **Resources and Life Strategy Management (REALISM) Intervention for Facilitating Neuro-reablement Following Acquired Brain Injury**

**Introduction:** Some key considerations for a neuro-reablement coordinated care intervention framework should accommodate for life management changes, alterations to self-regulation and acknowledge losses individuals may experience following acquired brain injury (ABI). One such framework that may be considered for use with a reablement orientation is the Baltes and Baltes Model of Selective Optimization with Compensation (SOC). A proposed intervention called REsources And Life Strategy Management (REALISM) was developed based on the SOC Model. The proposed aim is to determine if the REALISM intervention improves outcome in individuals with neurological deficits following ABI.

**Methods:** The research project will include feasibility research work in preparation for the definite intervention REALISM over 4 phases using the MRC framework. The aim of this intervention development is to provide patients with ABI, their carers' and healthcare providers with a training programme on managing short- and long-term challenges as a result of neurological deficits using a goal setting and attainment care plan based on the adaptive strategies selection, optimization and compensation. The initial phases (1 and 2) will include protocol development through qualitative action research with stakeholders concerning reablement frameworks for ABI; and feasibility assessment using qualitative and quantitative arms regarding trajectory of deficits and conditions associated with ABI and the process of care from acute admission to ongoing care in rehabilitative and community settings. Phase 3 will involve piloting of the REALISM intervention in terms of training sessions and follow-ups required. The intervention study will be a single-blinded randomised control trial where the control group will receive standard care and the intervention group the REALISM training programme.

**Outcomes:** Primary outcomes will determine improvements in physical, psychological and social functional abilities including health-related quality of life and mood. Secondary outcomes will include metacognition measured by the Meta-cognition Questionnaire 30, self-regulation measured by the Self-regulatory Interview and executive function using the Trial Making Test (A+B).

**Conclusions:** Findings from this intervention study will establish if the use of the REALISM training programme for individuals with ABI and their carers' in using life management strategies will improve self-care, wellbeing and transferability of care, aiding discharge planning from acute to community settings.