

# Taking back control

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Psychology Team



# Why having control is important?

We have a deep need for a sense of control.

In evolutionary terms, the more control we have over our environment, the better chance of survival.

Studies have shown that having increased control led to people feeling happier, being more alert & living longer. (Rodin, 1977)

People with a higher sense of control are:

- More proactive & self motivated
- Feel pain less intensely

Lack of control leads to a sense of helplessness, hopelessness & frustration (Seligman)

# Loss of control after spinal cord injury

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- Control of basic bodily functions
- Control of what you are able to do
- Control of belongings & space
- Dependence on staff
- Things happening when staff come – not always when you want
- Loss of privacy
- Meals – what, when, need to be fed
- Timings of things



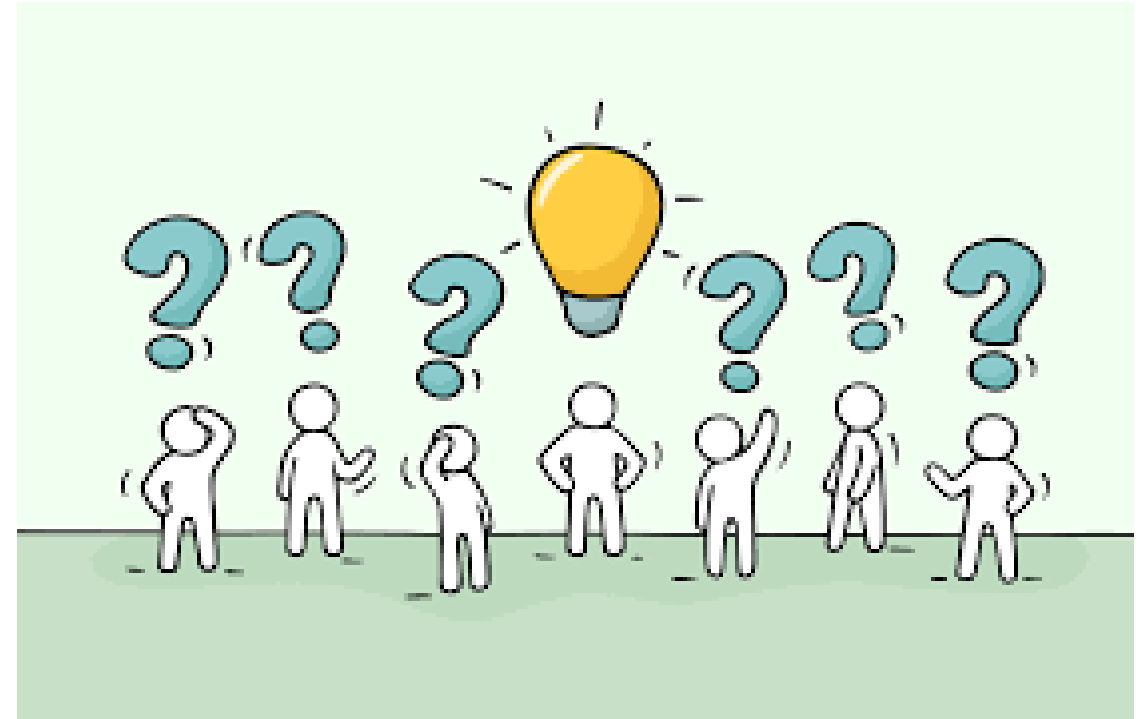
# What helps us feel a greater sense of control?

Understanding how things work.

Being able to predict what will happen.

Consistency – so we know what to expect.

Having people we trust, supporting us:  
parent figures, teachers, doctors





# Ways of taking back control

- Asking questions – to help increase your understanding
  - What are you doing?
  - Can you explain why I need this?
  - Can you show me how to....?
- Gathering resources
- Talking to other patients
- Directing staff – how you would like something to be done.
- Starting to take charge of own care.
- Goal planning



# Needs Assessment Checklist

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- Menu of areas that we can help you with as part of rehabilitation – you don't know what you don't know.
- Will help you to think about what is most important for you
- To think about what you need to understand or be able to do, to be ready to leave hospital
- Thinking about your own personal goals – that the team can help you work towards



# NAC sections

- Physical healthcare
- Daily living activities
- Skin & posture management
- Bladder management
- Bowel management
- Mobility
- Wheelchair & equipment
- Community preparation
- Psychological health
- Discharge co-ordination

Do you have any needs in this area?

What do you already know about? What can you already manage?

What is important for you to be able to do, to be able to leave hospital?

# Setting your own personal goals



Meaningful to you – you will be more motivated to work on



In your own words



Need to be realistic for admission – team will help you think about what is achievable



Team will help you to break up goals into smaller steps (targets)



Keeping track of progress is important – so you can see how far you have come.






# Stoke Mandeville Video

- 11 minute video explaining about Goal Planning & the Needs Assessment Checklist

<https://www.youtube.com/watch?v=yPt7cvqzSKk&feature=youtu.be>



A photograph of a garden scene. In the foreground, there are several tall, thin green stems with clusters of small purple flowers. To the left, there are some pink roses. In the background, a paved path leads towards a house with a brick wall and large windows. There are green bushes and trees around the house. A semi-transparent white rectangular box is overlaid in the center of the image, containing the text "Thank you for listening".

Thank you for listening