

ONLINE RESOURCES RELATING TO REHABILITATION (Updated Mar 2011)

Brain Injury

Headway- the brain injury association

The [Headway website](#) provides a wide range of information on all aspects of brain injury including rehabilitation. Fact sheets and publications are also available, as well as Welsh language pages.

Cardiac

British Heart Foundation

[BHF website](#) provides publications on heart disease statistics, and publishes an annual compendium of Coronary heart disease statistics, which includes the main statistics on the burden of coronary heart disease in the UK, its treatment, costs and associated risk factors.

British Heart Foundation Care and Education Research Group

Based at York University, the Research Group focuses on research and development aimed at influencing the development of cardiac rehabilitation and NHS policy. Details of current work and publications can be found on the BHF Care and Education Research Group [website](#).

The BHF Care and Education Research Group's [Campaign for Cardiac Rehabilitation](#) publishes various reports including the annual *National Audit of Cardiac Rehabilitation*. It has also established the Open Access Knowledge Base, a library of resource documents for cardiac rehabilitation.

Cardiac Rehabilitation

The *Scottish Intercollegiate Guidelines Network (SIGN)* [website](#) provides approved guidelines on cardiac care and rehabilitation in Scotland.

Musculo-skeletal

Institute of Ergonomics and Human Factors

The [IEHF website](#) provides a wide range of literature, journals and standards on musculoskeletal rehabilitation.

Spinal Injuries Association (SIA)

[SIA's National Library on Spinal Cord Injury](#), based in Milton Keynes, houses a large collection of publications, articles and periodicals on all aspects of spinal cord injury including rehabilitation.

[SIA's Online shop](#) offers a wide range of publications, guides and factsheets, many of which are free, on a broad range of topics including all aspects of rehabilitation. The shop also sells DVDs and CDs related to rehabilitation.

The Stationery Office (TSO)

[TSO website](#) offers free-to-download resource material, advisory leaflets and slide notes on musculoskeletal problems, general health and work related issues. It also has an online shop selling UK books in print including ‘The Back Book’, ‘The Neck Book’, ‘The Hip and Knee Book’, and ‘The Whiplash Book’. ‘Tackling Musculoskeletal Problems: A Guide for Clinic and Workplace’ by Nick Kendall et. al. can also be purchased from the TSO. This 2009 publication identifies psychosocial obstacles connected with musculoskeletal problems and formulates plans to overcome or navigate them.

Mental Health

Beyond Blue

Beyondblue is a national, independent, not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia. Its [National Workplace Program \(NWP\)](#) is designed as an awareness, early intervention and prevention programme specifically for workplace settings, and aims to increase the knowledge and skills of staff and managers to address mental health issues in the workplace. Beyond Blue’s NWP has been successfully piloted in the UK and is licensed in the country under the [Impact on Depression](#) programme.

Centre for Mental Health

The Centre for Mental Health, formerly known as the Sainsbury Centre for Mental Health, [website](#) provides a wide range of publications relating to mental health rehabilitation and employment. These include:

- Commissioning What Works: the economic and financial case for supported employment (2009)
- Delivering Job Retention Services: knowledge and skills set for employment advisory services (2009)
- Doing What Works: Individual Placement and Support into Employment (2009)
- Evening the Odds: Employment support, mental health and black and ethnic minority communities (2008)
- Mental Health at Work: Developing the business case – the cost of mental health (2007)
- Recruitment and mental health: a report by Employers’ Forum and Mental Health and SCMH – What employers and government could do to make it easier to recruit people with mental health problems (2007)
- Removing Barriers: the facts about mental health and employment (2009)
- Vocational Rehabilitation: What is it, who can deliver it and who pays? (2008)
- Work and Well-being: Developing primary mental health services (2007)

Employee Assistance Professionals Association (EAPA)

EAPA is the professional body for Employee Assistance Programmes. It represents the interests of professionals including internal EAP providers, purchasers, counsellors, consultants and trainers concerned with employee assistance, psychological health and well-being in the UK. The [EAPA website](#) provides information on professional qualifications, news and a list of external EAP providers.

National Mental Health Development Unit (NMHDU)

NMHDU provides national support for implementing mental health policy by advising on national and international best practice to improve mental health and mental health services. The [NMHDU website](#) provides a wide range of publications, research reports and guides on all aspects of mental health and mental health services, with an emphasis on well-being.

Scottish Recovery Network (SRN)

The [SRN website](#) offers an extensive range of publications and multimedia on recovery from mental health problems including the 2007 document 'Realising Recovery' (2007), the national framework for learning and training in recovery-focused practice. Also provided are support leaflets for local recovery networks in Scotland.

General

British Association of Sport Rehabilitators and Trainers (BASRaT)

[BASRaT](#) is the governing body for graduate level sports rehab and trainers in the UK. Its mission is to represent the professionals working in the field of sports and exercise based injury prevention, treatment and rehabilitation, to ensure the highest standard of healthcare for the physically active in the United Kingdom.

British Society of Rehabilitation Medicine (BSRM)

BSRM represents doctors who practise in rehabilitation medicine, and its [website](#) provides various published reports relating to rehabilitation as well as BSRM Rehabilitation Standards and Guidelines.

Carers UK

[Carers UK](#) is a membership organisation of carers, led by carers for carers. An online forum is available on its website, where carers can chat with other carers and get advice and support.

Centre for Reviews and Dissemination (CRD)

[CRD](#), a department of York University and part of the National Institute for Health Research (NIHR) provides reviews on health and social care interventions including rehabilitation for a wide range of medical conditions.

Department of Health Care Networks

DH Care Networks [website](#) provides information on self-directed support, new publications, case studies, the Common Assessment Framework, the Personal Health Budget Learning Network, and Independent Living Choices.

In Control

In Control, a voluntary organisation, provides extensive information, news, case studies and literature relating to self-directed support on its [website](#).

National Institute for Health and Clinical Excellence (NICE)

NICE is an independent organisation responsible for providing national guidance in the UK on promoting good health and preventing and treating ill health. To access the NICE website, click [here](#).

RADAR: the Disability Network

RADAR's mission is to enable individuals, networks and policy-makers to 'do things differently'. The [RADAR website](#) gives access to a wide range of reports, publications and guides on all aspects of independent living.

Regional Driving Assessment Centre (RDAC)

The RDAC is a charitable organisation specialising in providing assessments for people who want to learn to drive, return to driving with a disability, or following a debilitating illness. RDAC also offers an information service and advice on benefits relating to the Disability Living Allowance, to anyone concerned with the mobility of disabled or elderly people. View the RDAC website [here](#).

Rehab Directory of Assistive Technology

This [web directory](#) lists organisations providing a wide range of technological solutions to aid rehabilitation in the workplace and in day-to-day living.

Scottish Accessible Information Forum (SAiF)

SAiF aims to make information more accessible to everyone who needs it. The [SAiF website](#) provides free downloads of training and guidance materials for organisations and public authorities wishing to share information on services that are accessible to disabled people. Guidance is also provided on conducting user-led service reviews.