

What is ARBD

ARBD (Alcohol Related Brain Damage): difficulty remembering, difficulty concentrating, feeling confused, irritated, or having difficulty making choices and decisions as a result of alcohol use. It is important to remember that with the right care, support and treatment people with ARBD can make a significant recovery.

Who can stay here?

- If you have ARBD and live in the Lothian area
- You are currently an in-patient in the RIE, WGH or St Johns Hospital
- You have completed an alcohol detoxification and are sober
- Have been assessed by the Multi Disciplinary Team.



For more information about this service please contact:

Penumbra Milestone
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Penumbra Milestone step-down unit for people with ARBD (alcohol related brain damage)





Penumbra Milestone is a residential step down unit for people recovering from alcohol related brain damage. It includes 10 single en-suite bedrooms with private indoor and outdoor space where residents are supported by a team of specialist staff.

The unit will provide rehabilitative support to people for up to 12 weeks.

At Penumbra Milestone our experienced staff will work with you in your recovery to:

- Improve your physical and mental health
- Connect you with people, places and organisations in your community
- Plan for your future.

Staff will provide residential support 24 hours a day, seven days a week and will ensure that you have the support you require to prepare you to return home.

Please note there is a **NO ALCOHOL POLICY** in the unit for residents, staff and visitors. Penumbra is an alcohol free environment.

The Milestones

Plan

You work with us to agree your goals and plan your recovery.

Practice

You will work with therapists and other staff to improve your physical and mental health. You will be supported in your recovery from alcohol.

You can take part in 1:1, group, and peer support to help you to prepare and develop skills that will help you when you are home.

Prepare

You can get assistance to introduce you to people and places where you can be supported once you are home.

Move on

You can get help to return home and make sure that you have the support you need.



Penumbra Milestone has a range of professionals, including community nurses, support workers, psychologists, therapists and doctors who are available to support you. We will work with a range of services in your local community.

We will provide you with individual support and you can also participate in our well being workshops which can help you care for your physical, mental and emotional health.

