### Care Cluster: 2 Non-psychotic (Low Severity with greater need)

<table>
<thead>
<tr>
<th>Occupational Therapy</th>
<th>Assessment of self care, productivity, &amp; leisure activities</th>
<th>Challenges engaging in self care, productivity, &amp; leisure activities</th>
<th>Outcome of therapeutic encounter</th>
<th>Intervention</th>
<th>Skill level</th>
<th>Contact</th>
<th>Resource</th>
<th>Added value</th>
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</thead>
<tbody>
<tr>
<td>Ability to engage in self care productivity (work) &amp; leisure activities</td>
<td>Difficulty engaging in self care, productivity (work) &amp; leisure activities due to below challenges</td>
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<td>Moderate Challenges</td>
<td>• Motivation to engage in activity</td>
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<td>Minor Challenges</td>
<td>• Communication &amp; interaction skills within activity</td>
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<td>• Environment not supporting engagement in activity</td>
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<td>Reengagement in self care, productivity (work) &amp; leisure with specific improvement in</td>
<td>Motivation to engage in daily activity</td>
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<td>• Increase ability to identify short term activity goal</td>
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<td>• Increase awareness of what one enjoys</td>
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<td>• Begin to feel enjoyment &amp; satisfaction in doing things</td>
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<td>• Increase feeling of connection to others through regular participation in roles</td>
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<td>• Increase ability to identify and follow a simple daily routine</td>
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<td>Outcomes may include:</td>
<td>Communication skills within activity</td>
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<td></td>
<td>• Develop ability to build and sustain positive relationships with a variety of people while engaged in activity</td>
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<td>Organisation &amp; problem solving within activity</td>
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<td>• Develop ability to maintain concentration for consistently completing all of one’s routine activities</td>
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<td></td>
<td>• Develop capacity to assure adequate stability, movement and energy to participate in daily activities</td>
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<td>Environment supporting engagement in daily activity</td>
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<td></td>
<td>• Adjust activity demands to fit service users abilities</td>
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<td>• Identify / increase access to resources to engage in valued activities, interest, and a satisfying routine</td>
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<td>Goal setting and interventions to improve engagement in self care, productivity (i.e., work) &amp; leisure (e.g., sports, exercise, hobbies) activities.</td>
<td>This includes:</td>
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<td></td>
<td>• Building self efficacy to engage with activity</td>
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<td></td>
<td>• Exploring future options for activity</td>
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<td>• (Re) Establishing productive / valued routines</td>
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<td>• Vocational Enablement</td>
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<td>• Vocational guidance, signposting and advice</td>
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<td>Reviews:</td>
<td>Review occupational interventions</td>
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<td>Discharge planning:</td>
<td>Provision of relapse prevention plan</td>
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<td>Liaise with employer, voluntary organisations, other health professionals</td>
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<td>Audit of OT &amp; Occupational Interventions</td>
<td>Complete OT outcome measure</td>
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<td>Examples of outcome measures that may be used include:</td>
<td>Model of Human Occupation Screening Tool</td>
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<td></td>
<td>Occupational Circumstances Assessment Interview &amp; Rating Scale</td>
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<td>Occupational Self Assessment</td>
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<td>Occupational Questionnaire</td>
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<td>Worker Role Interview</td>
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<td>Work Environment Impact Scale</td>
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<td>Depends on skill mix of OT team and presentation of service user.</td>
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<td>Level 5-6 Qualified OT.</td>
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<td>Extended sessions generally weekly decreasing as engagement in activity increases.</td>
<td>Monitoring monthly when commencing employment, Individual Placement and Support or education.</td>
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<td>Expected duration</td>
<td>Range: 1-6 months Average: 3 months</td>
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<td>Occupational assessment, interventions, reviews, discharge planning and audit (OT 5-6)</td>
<td>Range: 13-32 hours Average contact: 20 hours</td>
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<td>To service user and carer</td>
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<td>• Access to appropriate space to undertake OT assessments and interventions.</td>
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<td>• Specialist OT assessments including relevant software</td>
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<td>• Materials for activities and assessments, petty cash</td>
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<td>• Information leaflets for service users, carers, MDT</td>
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<td>• Information on community resources, services including internet facilities, printer</td>
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<td>• Access to specialist services for onward referral, advice</td>
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<td>• IM&amp;T equipment &amp; mobile technology, lone working device, phone</td>
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<td>• Clinical &amp; management supervision</td>
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<td></td>
<td>• Education and development programmes and resources e.g. books</td>
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<td>• Professional leadership</td>
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Occupational Therapy Care Packages in Mental Health (2010)
Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Kloetloher, University of Illinois, Chicago
### Occupational Therapy

#### Assessment of self care, productivity, & leisure activities
- Difficulty engaging in self care, productivity (work) & leisure activities due to below challenges
  - Moderate Challenges
    - Motivation to engage in activity
    - Responsibilities and routines
  - Minor Challenges
    - Communication & interaction skills within activity
    - Organisation & problem solving within activity
    - Mobility & coordination within activity
    - Environment not supporting engagement in activity

#### Challenges engaging in self care, productivity, & leisure activities
- Reengagement in self care, productivity (work) & leisure activities
- Motivation to engage in daily activity
  - Increase ability to identify short term activity goal
  - Increase awareness of what one enjoys
  - Begin to feel enjoyment & satisfaction in doing things
- Responsibilities and routines
  - Increase feeling of connection to others through regular participation in roles
  - Increase ability to identify and follow a simple daily routine

#### Outcome of therapeutic encounter
- Outcomes may include:
  - Communication skills within activity
  - Develop ability to build and sustain positive relationships with a variety of people while engaged in activity
  - Organisation & problem solving within activity
  - Develop ability to maintain concentration for consistently completing all of one’s routine activities
  - Mobility & coordination within activity
  - Develop capacity to assure adequate stability, movement and energy to participate in daily activities
  - Environment supporting engagement in daily activity
  - Adjust activity demands to fit service users abilities
  - Identify / increase access to resources to engage in valued activities, interest, and a satisfying routine

#### Intervention
- Goal setting and interventions to improve engagement in self care, productivity (i.e., work) & leisure (e.g., sports, exercise, hobbies) activities.
- This includes:
  - Building self efficacy to engage with activity
  - Exploring future options for activity
  - (Re) Establishing productive / valued routines
  - Lifestyle adjustment
  - Developing / maintaining communication & interaction skills within activity
  - Developing / maintaining supportive social relationships and networks
  - Supporting engagement in leisure and exercise
  - Vocational Enablement
  - Vocational guidance, signposting and advice

#### Skill level
- Depends on skill mix of OT team and presentation of service user:
  - Level 5-6 Qualified OT.
  - PLUS OT support worker Level 3-4 to support OT intervention plan.
- Range: 14-36 hours
- Average contact: 26 hours
- PLUS OT support worker Level 3-4 to support OT intervention plan, supervised by OT (5-6):
- Range: 8-24 hours
- Average contact: 10 hours

#### Contact
- Access to appropriate space to undertake OT assessments and interventions.
- Specialist OT assessments including relevant software
- Materials for activities and assessments, petty cash
- Transport
- Administrative support
- Information leaflets for service users, carers, MDT
- Information on community resources, services including internet facilities, printer
- Office space
- Access to collaborative working/liaison with wider MDT (mental health and/or physical health) for joint assessments & interventions
- Access to specialist services for onward referral, advice
- IT & mobile technology, lone working device, phone
- Clinical & management supervision
- Education and development programmes and resources e.g. books
- Professional leadership

#### Resource
- To service user and carer
  - Development of confidence, self esteem and reinforcement of occupational identity
  - Improved quality of life
  - Increased ownership for recovery
  - Development of a meaningful lifestyle and achieving personal activity-related goals
  - Improved feeling of being connected through roles
  - Improved communication with others
  - Delayed need for other service involvement

#### Added value
- To organisation
  - Achievement of clinical outcome
  - Achievement of patient related outcome
  - Achievement of national quality indicators
  - Reduced dependence on physical and mental health services
  - Relapse prevention
  - Improved social return on investment
  - Social inclusion
  - Improved function and reduced sick pay, sickness level and benefit payments
  - Contribution to formation of diagnosis

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### Care Cluster: 3 Non-psychotic (Moderate Severity)

| Ability to engage in self care productivity (work) & leisure activities | With a specific focus on:
| --- | --- |
| - Moderate Challenges | • Motivation to engage in activity
• Responsibilities and routines |
| - Minor Challenges | • Communication & interaction skills within activity
• Organisation & problem solving within activity
• Mobility & coordination within activity
• Environment not supporting engagement in activity |

### Example of outcome measures that may be used include:
- Model of Human Occupation Screening Tool
- Occupational Circumstances Assessment Interview & Rating Scale
- Occupational Self Assessment
- Occupational Questionnaire
- Work Environment Impact Scale

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Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Kielhofner, University of Illinois, Chicago

Occupational Therapy Care Packages in Mental Health (2010).
### Occupational Therapy

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<th>Outcome of therapeutic encounter</th>
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<th>Skill/level</th>
<th>Contact</th>
<th>Resource</th>
<th>Added value</th>
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</table>
| Ability to engage in self care, productivity (work) & leisure activities due to below challenges | Moderate Challenges:  
  - Motivation to engage in activity  
  - Responsibilities and routines  
  - Organisation & problem solving within activity  
  - Mobility & coordination within activity  
  - Environment not supporting engagement in activity | Reengagement in self care, productivity (work) & leisure with specific improvement in:  
  - Motivation to engage in daily activity  
  - Increase ability to identify short term activity goal  
  - Increase awareness of what one enjoys  
  - Begin to feel enjoyment & satisfaction in doing things | Depends on skill mix of OT team and presentation of service user:  
  - Level 5:6 Qualified OT.  
  - PLUS OT support worker Level 3-4 to support OT intervention plan. | Extended sessions generally weekly decreasing as engagement in activity increases.  
  - Monitoring monthly when commencing employment, Individual Placement and Support or education.  
  - Expected duration: Range 6-18 months Average: 9 months  
  - Occupational assessment, interventions, reviews, discharge planning and audit (OT 5-7):  
    - Range: 19-54 hours Average contact: 36 hours  
    - PLUS OT support worker Level 3-4 to support OT intervention plan, supervised by OT (5-7):  
      - Range: 8-36 hours Average contact: 13 hours | Access to appropriate space to undertake OT assessments and interventions.  
  - Specialist OT assessments including relevant software  
  - Materials for activities and assessments, petty cash  
  - Transport  
  - Administrative support  
  - Information leaflets for service users, carers, MDT  
  - Information on community resources, services including internet facilities, printer  
  - Office space  
  - Access to collaborative working/liaison with wider MDT (mental health and/or physical health) for joint assessments & interventions  
  - Access to specialist services for onward referral, advice  
  - IM&T equipment & mobile technology, lone working device, phone  
  - Clinical & management supervision  
  - Education and development programmes and resources e.g. books  
  - Professional leadership | To service user and carer:  
  - Improved quality of life  
  - Increased ownership for recovery  
  - Positive focus on engagement rather than problem orientated contact  
  - Development of a meaningful lifestyle and achieving personal activity-related goals  
  - Improved feeling of being connected through roles  
  - Improved communication with others  
  - Enhance problem solving skills within activity  
  - Increased functional independence |

| Minor Challenges:  
  - Communication & interaction skills within activity | Environment supporting engagement in daily activity:  
  - Adjust activity demands to fit service users abilities  
  - Identify / increase access to resources to engage in valued activities  
  - Identify / increase access to resources that support engagement in a satisfying routine  
  - Identify physical spaces that support engagement in valued activities | Environment supporting engagement in daily activity:  
  - Adjust activity demands to fit service users abilities  
  - Identify / increase access to resources to engage in valued activities  
  - Identify / increase access to resources that support engagement in a satisfying routine  
  - Identify physical spaces that support engagement in valued activities | Environment supporting engagement in daily activity:  
  - Adjust activity demands to fit service users abilities  
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  - Identify / increase access to resources to engage in valued activities  
  - Identify / increase access to resources that support engagement in a satisfying routine  
  - Identify physical spaces that support engagement in valued activities | Environment supporting engagement in daily activity:  
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  - Identify / increase access to resources to engage in valued activities  
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  - Identify / increase access to resources that support engagement in a satisfying routine  
  - Identify physical spaces that support engagement in valued activities | Environment supporting engagement in daily activity:  
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  - Identify / increase access to resources to engage in valued activities  
  - Identify / increase access to resources that support engagement in a satisfying routine  
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  - Identify / increase access to resources that support engagement in a satisfying routine  
  - Identify physical spaces that support engagement in valued activities | Environment supporting engagement in daily activity:  
  - Adjust activity demands to fit service users abilities  
  - Identify / increase access to resourc...
Occupational Therapy

**Care Cluster: 5 Non-psychotic Disorders (Very Severe)**

<table>
<thead>
<tr>
<th>Occupational Therapy</th>
<th>Assessment of self care, productivity, &amp; leisure activities</th>
<th>Challenges engaging in self care, productivity, &amp; leisure activities</th>
<th>Outcome of therapeutic encounter</th>
<th>Intervention</th>
<th>Skill level</th>
<th>Contact</th>
<th>Resource</th>
<th>Added value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reengagement in self care, productivity (work) &amp; leisure with support</td>
<td>Difficulty engaging in self care, productivity (work) &amp; leisure activities due to below challenges</td>
<td>Moderate Challenges</td>
<td>Goal setting and interventions to improve engagement in self care, productivity (i.e., work) &amp; leisure (e.g., sports, exercise, hobbies) activities.</td>
<td>Depends on skill mix of OT team and presentation of service user:</td>
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<td></td>
<td>Motivation to engage in daily activity</td>
<td>This includes:</td>
<td>Level 5.7 Qualified OT:PLUS OT support worker</td>
<td>Access to appropriate space to undertake OT assessments and interventions.</td>
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<td></td>
<td>Increase ability to identify short term goal &amp; leisure activity</td>
<td>Building self efficacy to engage with activity</td>
<td>Level 3-4 to support OT intervention plan.</td>
<td>Specialist OT assessments including relevant software</td>
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<td></td>
<td>Increase awareness of what one enjoys</td>
<td>Exploring future options for activity</td>
<td>Extended sessions (more than 1 hour) generally weekly, decreasing as function increases, or until personal goals of socially inclusive and productive lifestyle achieved</td>
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<td></td>
<td>Begin to feel enjoyment &amp; satisfaction in doing things</td>
<td>Building environment when engaged in activity</td>
<td>Expected duration: Range: 3-24 months</td>
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<td></td>
<td>Responsibilities and routines</td>
<td>Education regarding management of symptoms within activity</td>
<td>Average contact: 12 months</td>
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<td></td>
<td>Organisational &amp; problem solving within activity</td>
<td>(Re) Establishing productive / valued roles</td>
<td>Occupational assessment, interventions, reviews, discharge planning and audit (OT 5.7):</td>
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<tr>
<td>Minor Challenges</td>
<td>Increase feeling of connection to others through regular participation in activity</td>
<td>Developing / maintaining organisation and problem solving within activity</td>
<td>Range: 18-62 hours</td>
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<tr>
<td></td>
<td>Communication skills within activity</td>
<td>Developing / maintaining communication &amp; interaction skills within activity</td>
<td>Average contact: 37 hours</td>
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<td></td>
<td>Environment not supporting engagement in activity</td>
<td>Developing / maintaining supportive social relationships and networks</td>
<td>PLUS OT support worker</td>
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<tr>
<td>Mobility &amp; coordination within activity</td>
<td>Outcomes may include:</td>
<td>Developing / maintaining supportive social relationships and networks</td>
<td>Level 3-4 to support OT intervention plan, supervised by OT (5.7):</td>
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<tr>
<td>Mobility &amp; coordination within activity</td>
<td>Communication skills within activity</td>
<td>Environment not supporting engagement in activity</td>
<td>Range: 12-33 hours</td>
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<tr>
<td>Understanding of environmental support to engage in activity (incl. physical &amp; social support network/career)</td>
<td>Environment supporting engagement in daily activity</td>
<td>Mobility &amp; coordination within activity</td>
<td>Average contact: 21 hours</td>
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<tr>
<td>Work Assessment</td>
<td>Adjust activity demands to fit service users abilities</td>
<td>Develop capacity to build and maintain positive relationships with a variety of people</td>
<td>Increased ownership for recovery</td>
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<tr>
<td>Work environment</td>
<td>Identify / increase access to resources to engage in valued activities, interest, and a satisfying routine</td>
<td>Occupational environment Impact Scale</td>
<td>Relapse prevention</td>
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<tr>
<td>Work readiness</td>
<td>Occupational Therapy Care Packages in Mental Health (2010).</td>
<td>Environment supporting engagement in daily activity</td>
<td>Provision of relapse prevention plan</td>
<td></td>
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<td></td>
<td>To service user and carer</td>
<td>Discharge planning:</td>
<td>Provision of relapse prevention plan</td>
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<td></td>
<td>Development of confidence, self esteem and reinforcement of occupational identity</td>
<td>Liaison with Care Co-ordinator to integrate occupational intervention plan with CPA care plan</td>
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<td></td>
<td>Improved quality of life</td>
<td>Liasise with employer, voluntary organisations, other health professionals</td>
<td>Liaise with employer, voluntary organisations, other health professionals</td>
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<td></td>
<td>Increased ownership for recovery</td>
<td>Audit of OT &amp; Occupational interventions</td>
<td>Liaise with care coordinator &amp; wider MDT team</td>
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<td></td>
<td>Positive focus on engagement rather than problem orientated contact</td>
<td>Complete OT outcome measures</td>
<td>Occupational assessment, interventions, reviews, discharge planning and audit (OT 5.7):</td>
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<tr>
<td></td>
<td>Development of a meaningful lifestyle and achieving personal activity-related goals</td>
<td>Examples of outcome measures that may be used include:</td>
<td>Range: 18-62 hours</td>
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<td></td>
<td>Improved feeling of being connected through roles</td>
<td>Model of Human Occupation Screening Tool</td>
<td>Average contact: 37 hours</td>
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<td></td>
<td>Increased social network and interaction with social environment</td>
<td>Occupational Questionnaire</td>
<td>PLUS OT support worker</td>
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<td></td>
<td>Enhance problem solving skills within activity</td>
<td>Assessment of Motor and Process Skills</td>
<td>Level 3-4 to support OT intervention plan, supervised by OT (5.7):</td>
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<td></td>
<td>Increased feeling of control over environment</td>
<td>Worker Role Interview</td>
<td>Range: 12-33 hours</td>
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<td></td>
<td>Reduced carer stress</td>
<td>Work Environment Impact Scale</td>
<td>Average contact: 21 hours</td>
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<td></td>
<td>Increased functional independence</td>
<td>Interventions, reviews, discharge planning and audit (OT 5.7):</td>
<td>Increased ownership for recovery</td>
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<td></td>
<td>Reduction of identified risks</td>
<td>Occupational Therapy Care Packages in Mental Health (2010).</td>
<td>Relapse prevention</td>
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<td></td>
<td>To Organisation</td>
<td></td>
<td>Provision of relapse prevention plan</td>
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<td></td>
<td>Achievement of clinical outcome</td>
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<td>Provision of relapse prevention plan</td>
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<td></td>
<td>Achievement of patient related outcome</td>
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<td>Liaison with Care Co-ordinator to integrate occupational intervention plan with CPA care plan</td>
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<td></td>
<td>Achievement of national quality indicators</td>
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<td>Liasise with employer, voluntary organisations, other health professionals</td>
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<td></td>
<td>Reduced uptake of health and social care resources</td>
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<td>Audit of OT &amp; Occupational interventions</td>
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<td></td>
<td>Reduced dependence on physical and mental health services</td>
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<td>Complete OT outcome measures</td>
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<td></td>
<td>Reduced hospital / long term care admission through prompt analysis of areas of risk and identification of strategies</td>
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<td>Examples of outcome measures that may be used include:</td>
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<td></td>
<td>Effective discharge</td>
<td></td>
<td>Model of Human Occupation Screening Tool</td>
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<td></td>
<td>Relapse prevention</td>
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<td>Occupational Questionnaire</td>
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<td>Improved social return on investment</td>
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<td>Assessment of Motor and Process Skills</td>
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<td></td>
<td>Reduction and containment of disturbed behaviour, potentially reducing incidents and SUIs</td>
<td></td>
<td>Worker Role Interview</td>
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<td></td>
<td>Decrease in self harming behaviour</td>
<td></td>
<td>Work Environment Impact Scale</td>
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<td>Social inclusion</td>
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<td>Interventions, reviews, discharge planning and audit (OT 5.7):</td>
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<tr>
<td></td>
<td>Reconnection of service user with social contacts and community resources to reduce re-admissions</td>
<td></td>
<td>Range: 18-62 hours</td>
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<td></td>
<td>Improved function and reduced sick pay, sickness level and benefit payments</td>
<td></td>
<td>PLUS OT support worker</td>
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<td>Reduction in carer burden and increased ability for carers to continue their support to a service user</td>
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<td>Level 3-4 to support OT intervention plan, supervised by OT (5.7):</td>
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<td></td>
<td>Contribution to formation of diagnosis</td>
<td></td>
<td>Range: 12-33 hours</td>
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</tbody>
</table>

Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Knolhoffer, University of Illinois, Chicago
### Occupational Therapy Care Packages in Mental Health (2010)

#### Care Cluster: 6 Non-psychotic Disorder of Over-Valued Ideas

<table>
<thead>
<tr>
<th>Ability to engage in self care productivity (work) &amp; leisure activities</th>
<th>Challenge engaging in self care productivity (work) &amp; leisure activities</th>
<th>Outcome of therapeutic encounter</th>
<th>Intervention</th>
<th>Skill/level</th>
<th>Contact</th>
<th>Resource</th>
<th>Added value</th>
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<td>Difficulty engaging in self care, productivity (work) &amp; leisure activities due to below challenges</td>
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<td>Goal setting and interventions to improve engagement in self care, productivity (i.e., work) &amp; leisure (e.g., sports, exercise, hobbies) activities.</td>
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<tr>
<td>Moderate Challenges</td>
<td>Motivation to engage in activity</td>
<td>This includes:</td>
<td>Level 5-7 Qualified OT.</td>
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<tr>
<td></td>
<td>Motivation to engage in activity</td>
<td>• Building self efficacy to engage with activity</td>
<td>PLUS OT support worker Level 3-4 to support OT intervention plan.</td>
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<td>Responsibilities and routines</td>
<td>• Exploring future options for activity</td>
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<td>Communication skills within activity</td>
<td>• Building enjoyment when engaged in activity</td>
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<td>Organisation &amp; problem solving within activity</td>
<td>• Education regarding management of symptoms within activity</td>
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<td></td>
<td>Environment not supporting engagement in activity</td>
<td>• (Re) Establishing productive / valued routines</td>
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<tr>
<td>Minor Challenges</td>
<td>Mobility &amp; coordination within activity</td>
<td>• Identifying and following a simple daily routine</td>
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<td></td>
<td>Environment supporting engagement in daily activity</td>
<td>Communication skills within activity</td>
<td>Interventions, reviews, discharge planning and audit (OT 5-7)</td>
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<td></td>
<td>• Adjusting activity demands to fit service users abilities</td>
<td>Development ability to cooperate with others during a task</td>
<td>Range ; 21-62 hours</td>
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<td></td>
<td>• Identify / increase access to resources that support engagement in a satisfying routine</td>
<td>Organisation &amp; problem solving within activity</td>
<td>Average contact: 40 hours</td>
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<td>• Identifying / increase access to resources that support engagement in valued activities</td>
<td>Develop capacity to maintain concentration of completing a simple(2-3 steps) tasks</td>
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<td>• Identify physical spaces that support engagement in valued activities</td>
<td>Environment not supporting engagement in valued occupations</td>
<td>Occupational assessment, interventions, reviews, discharge planning and audit plan. supervised by OT (5-7);</td>
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<td>Environment supporting engagement in daily activity</td>
<td>Environmental factors within activity</td>
<td>Range: 12-33hours</td>
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<td></td>
<td>• Adjust activity demands to fit service users abilities</td>
<td>Physical spaces that support engagement in valued activities</td>
<td>Occupational identity</td>
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<tr>
<td></td>
<td>• Identify / increase access to resources that support engagement in valued activities</td>
<td>Social inclusion</td>
<td>Health &amp; safety</td>
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<tr>
<td></td>
<td>• Identify physical spaces that support engagement in valued activities</td>
<td>Reducing containment of disturbed behaviour, potentially reducing incidents and SUIs</td>
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<tr>
<td>Outcomes may include:</td>
<td>Reviews:</td>
<td>Reduction of identified risks</td>
<td>To Organisation</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Mobility &amp; coordination within activity</td>
<td>Review occupational interventions</td>
<td>Achievement of clinical outcome</td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>• Develop capacity to assure adequate stability, movement and energy to participate in daily activities</td>
<td>Reasses</td>
<td>Achievement of patient related outcome</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Liaise with care coordinator &amp; wider MDT</td>
<td>Achievement of national quality indicators</td>
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</tr>
</tbody>
</table>

#### Skill/level

- **Level 1**: Basic strength, mobility & self care activities
- **Level 2**: Increased mobility & self care activities
- **Level 3**: Increased mobility & self care activities in social environments
- **Level 4**: Increased mobility & self care activities in social environments with coordination
- **Level 5**: Increased mobility & self care activities in social environments with coordination & practical problem solving
- **Level 6**: Increased mobility & self care activities in all social environments
- **Level 7**: Increased mobility & self care activities in all social environments with practical problem solving

#### Example of Outcome Measures

- **Examples of outcome measures that may be used include:**
  - **Model of Human Occupation Screening Tool**
  - **Occupational Questionnaire**
  - **Assessment of Motor and Process Skills**
  - **Assessment of Communication and Interaction Skills**
  - **Worker Role Interview**

#### Reviews:

- **Worker Role Interview**
- **Assessment of Communication and routines**
- **Model of Human Occupation Screening Tool**
- **Occupational Questionnaire**
- **Complete OT outcome measures**

#### Resource

- **Information on community resources, services including internet facilities, printer**
- **Office space**
- **Access to collaborative working/ liaison with wider MDT (mental health and/or physical health) for joint assessments & interventions**
- **Access to specialist services for onward referral, advice**
- **IM&T equipment & mobile technology, lone working device, phone**
- **Clinical & management supervision**
- **Education and development programmes and resources e.g. books**
- **Professional leadership**

#### Added value

- **Access to appropriate space to undertake OT assessments and interventions**
- **Specialist OT assessments including relevant software**
- **Materials for activities and assessments, petty cash**
- **Access to support workers as relevant**
- **Transport**
- **Liaison with wider MDT**
- **Carer education and support**
- **IM&T equipment & mobile technology, lone working device, phone**
- **Clinical & management supervision**
- **Education and development programmes and resources e.g. books**
- **Professional leadership**

---

**Occupational Therapy Care Packages in Mental Health (2010).**

Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George's NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Kielholzer, University of Illinois, Chicago.
## Occupational Therapy

### Care Cluster: 7 Enduring Non-Psychotic Disorders (High disability)

<table>
<thead>
<tr>
<th>Occupational Therapy Care Packages in Mental Health (2010). Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Kielhofner, University of Illinois, Chicago</th>
</tr>
</thead>
</table>

**Outcomes may include:**

- **Mobility & coordination within activity**
- Develop capacity to assure adequate stability, movement and energy to participate in daily activities

**Discharge planning:**

- Provision of relapse prevention plan
- Liaison with Care Co-ordinator to integrate occupational intervention plan with CPA care plan
- Liaise with employer, voluntary organisations, other health professionals

**Audit of OT & Occupational interventions**

- Complete OT outcome measures

**Examples of outcome measures that may be used include:**

- **Modal of Human Occupation Screening Tool**
- Assessment of Motor and Process Skills
- Assessment of Communication and Interaction Skills
- Worker Role Interview

<table>
<thead>
<tr>
<th>Ability to engage in self care productivity (work) &amp; leisure activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty engaging in self care, productivity (work) &amp; leisure activities due to below challenges</td>
</tr>
<tr>
<td>Moderate Challenges</td>
</tr>
<tr>
<td>- Motivation to engage in activity</td>
</tr>
<tr>
<td>- Responsibilities and routines</td>
</tr>
<tr>
<td>- Communication skills within activity</td>
</tr>
<tr>
<td>- Organisation &amp; problem solving within activity</td>
</tr>
<tr>
<td>- Environment not supporting engagement in activity</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Outcome of therapeutic encounter</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Reengagement in self care, productivity (work) &amp; leisure with special improvement in:</strong></td>
</tr>
<tr>
<td>Motivation to engage in daily activity</td>
</tr>
<tr>
<td>Increase ability to identify short term goal</td>
</tr>
<tr>
<td>Increase awareness of what one enjoys</td>
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<tr>
<td>Begin to feel enjoyment &amp; satisfaction in doing things</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Challenges engaging in self care, productivity (work) &amp; leisure activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minor Challenges</td>
</tr>
<tr>
<td>- Mobility &amp; coordination within activity</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Intervention</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Goal setting and interventions to improve engagement in self care, productivity (i.e. work) &amp; leisure (e.g. sports, exercise, hobbies) activities.</strong></td>
</tr>
<tr>
<td><strong>This includes:</strong></td>
</tr>
<tr>
<td>- Building self efficacy to engage with activity</td>
</tr>
<tr>
<td>- Exploring future options for activity</td>
</tr>
<tr>
<td>- Building enjoyment when engaged in activity</td>
</tr>
<tr>
<td>- Education regarding management of symptoms within activity</td>
</tr>
<tr>
<td>- Developing productive / valued routines</td>
</tr>
<tr>
<td>- Developing / maintaining organisation and problem solving within activity</td>
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<td>- Developing / maintaining communication &amp; interaction skills within activity</td>
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<td>- Developing / maintaining supportive social relationships and networks</td>
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<tr>
<td>- Supporting transitions in new physical and social environments</td>
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<tr>
<td>- Carer education and support</td>
</tr>
<tr>
<td>- Developing / maintaining independent living skills</td>
</tr>
<tr>
<td>- Liaison to enable independent living</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Skill/level</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Depends on skill mix of OT team and presentation of service user:</strong></td>
</tr>
<tr>
<td>Level 6-7 Qualified OT. PLUS OT support worker Level 3-4 to support OT intervention plan.</td>
</tr>
<tr>
<td><strong>Expected duration</strong></td>
</tr>
<tr>
<td>Range: 6-36 months</td>
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<tr>
<td>Average: 18 months</td>
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<table>
<thead>
<tr>
<th>Resource</th>
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</thead>
<tbody>
<tr>
<td><strong>Occupational assessment, interventions, reviews, discharge planning and audit (OT 6-7):</strong></td>
</tr>
<tr>
<td>Ranges: 24-55 hours</td>
</tr>
<tr>
<td>Average contact: 41 hours</td>
</tr>
<tr>
<td><strong>PLUS OT support worker Level 3-4 to support OT intervention plan, supervised by OT (6-7):</strong></td>
</tr>
<tr>
<td>Ranges: 30-57 hours</td>
</tr>
<tr>
<td>Average contact: 43 hours</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>To service user and carer</th>
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</thead>
<tbody>
<tr>
<td><strong>Access to appropriate space to undertake OT assessments and interventions.</strong></td>
</tr>
<tr>
<td><strong>Specialist OT assessments including relevant software</strong></td>
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<tr>
<td><strong>Materials for activities and assessments, petty cash</strong></td>
</tr>
<tr>
<td><strong>Access to support workers as relevant</strong></td>
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<tr>
<td><strong>Transport</strong></td>
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<tr>
<td><strong>Administrative support</strong></td>
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<td><strong>Direct payments</strong></td>
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<td><strong>Information leaflets for service users, carers, MDT</strong></td>
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<tr>
<td><strong>Information on community resources, services including internet facilities, printer</strong></td>
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<tr>
<td><strong>Office space</strong></td>
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<td><strong>Access to collaborative working/liaison with wider MDT (mental health and/or physical health) for joint assessment &amp; interventions</strong></td>
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<tr>
<td><strong>Access to specialist services for onward referral, advice IM&amp;T equipment &amp; mobile technology, lone working devices, phone</strong></td>
</tr>
<tr>
<td><strong>Clinical &amp; management supervision</strong></td>
</tr>
<tr>
<td><strong>Education and development programmes and resources e.g. books</strong></td>
</tr>
<tr>
<td><strong>Professional leadership</strong></td>
</tr>
</tbody>
</table>

**To Organisation**

- **Achievement of clinical outcome**
- **Achievement of patient related indicators**
- **Improved social return on investment**
- **Reconnection of service user with appropriate placement**
- **Increased functional independence**
- **Reduction of identified risks**

**Added value**

- **Improved self esteem and reinforcement of occupational identity**
- **Increased occupational identity and wellbeing**
- **Improved enjoyment of positive and socially acceptable activities**
- **Increased ownership for recovery**
- **Positive focus on engagement rather than problem orientated contact**
- **Improved daily routine**
- **Improved feeling of being connected through roles**
- **Increased social network and interaction with social environment**
- **Enhanced capacity to concentrate within activity**
- **Increased feeling of control over environment**
- **Reduced carer stress**
- **Increased functional independence**
- **Reduced hospital / long term care (mental health and/or physical health) for joint assessment & interventions**
- **Reduction of identified risks**
- **Reduction of hospital and long term care admission through prompt analysis of areas of risk and identification of strategies**
- **Effective discharge**
- **Relapse prevention**
- **Increased client stability and engagement reducing overall demand on services**
- **Improved social return on investment**
- **Reduction and containment of disturbed behaviour, potentially reducing incidents and SIBs**
- **Reduction in risk of injury / accident / falls that would result in hospital admission through prompt analysis of areas of risk and identification of strategies**
- **Decrease in self harming behaviour**
- **Social inclusion**
- **Reconnection of service user with social contacts and community resources to reduce re-admissions**
- **Appropriate placement**
- **Improved function and reduced sick pay, sickness level and benefit payments**
- **Reduction in carer burden and increased ability for carers to continue their support to service user**
- **Contribution to formation of diagnosis**
Care Cluster: 8 Non-Psychotic Chaotic and Challenging Disorders

### Occupational Therapy

**Assessment of self care, productivity, & leisure activities**

- Difficulty engaging in self care, productivity (work) & leisure activities due to below challenges
- Reengagement in self care, productivity (work) & leisure with specific improvement in: Motivation to engage in daily activity

**Challenges engaging in self care, productivity, & leisure activities**

- Motivation to engage in daily activity
- Responsibility and routines
- Environment not supporting engagement in activity

**Outcome of therapeutic encounter**

- Goal setting and interventions to improve engagement in self care, productivity (i.e., work) & leisure (e.g., sports, exercise, hobbies) activities.

**Intervention**

- This includes:
  - Exploring future options for activity
  - Rapport building & graded engagement
  - Developing/maintaining organisation and problem solving within activity
  - Developing/maintaining supportive social relationships and networks

**Skill/level**

- Occupational therapy care packages in mental health (2010).

**Contact**

- Extended sessions (more than 1 hour) generally weekly, decreasing as function increases.

**Resource**

- Access to appropriate space to undertake OT assessment and interventions.

**Added value**

- Development of confidence, self esteem and reinforcement of occupational identity
- Improved engagement of positive and socially acceptable activities
- Increased ownership for recovery
- Positive focus on engagement rather than problem orientated contact
- Improved daily routine
- Improved feeling of being connected through roles
- Increased social network and interaction with social environment
- Enhance problem solving skills within activity
- Enhance capacity to concentrate on within activity
- Reduced carer stress
- Increased functional independence
- Reduction of identified risks

### To service user and carer

- Contribution to formation of diagnosis

---

**Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Kielhofner, University of Illinois, Chicago**

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**Occupational Therapy Care Packages in Mental Health (2010).**
### Occupational Therapy

#### Assessment of self care, productivity, & leisure activities

<table>
<thead>
<tr>
<th>Difficulty reengaging in self care, productivity (work) &amp; leisure activities due to below challenges</th>
<th>Reengagement in self care, productivity (work) &amp; leisure activities with specific improvement in</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moderate Challenges</td>
<td>Motivation to engage in daily activity</td>
</tr>
<tr>
<td>• Motivation to engage in activity</td>
<td></td>
</tr>
<tr>
<td>• Responsibilities and routines</td>
<td></td>
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<tr>
<td>• Communication skills within activity</td>
<td></td>
</tr>
<tr>
<td>• Organisation &amp; problem solving within activity</td>
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<tr>
<td>• Environment not supporting engagement in daily activity</td>
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</table>

#### Challenges engaging in self care, productivity, & leisure activities

<table>
<thead>
<tr>
<th>Minor Challenges</th>
<th>Ability to engage in daily activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Mobility &amp; coordination within activity</td>
<td>Increase ability to identify and follow a simple daily routine</td>
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<tr>
<td></td>
<td>Communication skills within activity</td>
</tr>
<tr>
<td></td>
<td>Develop ability to cooperate with others during a task</td>
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<td></td>
<td>Develop capacity to maintain concentration of completing a simple(2-3 steps) task</td>
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<tr>
<td></td>
<td>Environment supporting engagement in daily activity</td>
</tr>
<tr>
<td></td>
<td>Adjust activity demands to fit service users abilities</td>
</tr>
<tr>
<td></td>
<td>Identify / increase access to resources that support engagement in a satisfying routine</td>
</tr>
<tr>
<td></td>
<td>Identify physical spaces that support engagement in valued activities</td>
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</tbody>
</table>

#### Outcome of therapeutic encounter

<table>
<thead>
<tr>
<th>Reengagement in self care, productivity (work) &amp; leisure activities</th>
<th>Goal setting and interventions to improve engagement in self care, productivity (i.e., work) &amp; leisure (e.g., sports, exercise, hobbies) activities.</th>
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<td>• Exploring future options for activity</td>
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<td>• Rapport building &amp; graded engagement</td>
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<tr>
<td></td>
<td>• Education regarding management of symptoms within activity</td>
</tr>
<tr>
<td></td>
<td>• (Re)Establishing productive / valued routines</td>
</tr>
<tr>
<td></td>
<td>• (Re)Establishing productive / valued roles</td>
</tr>
<tr>
<td></td>
<td>• Lifestyle adjustment</td>
</tr>
<tr>
<td></td>
<td>• Developing / maintaining supportive social relationships and networks</td>
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<td>• Supporting Transitions in new physical and social environments</td>
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<td>• Developing / maintaining independent living skills</td>
</tr>
<tr>
<td></td>
<td>• Supporting engagement in leisure and exercise</td>
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<tr>
<td></td>
<td>• Vocational Enablement</td>
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<tr>
<td></td>
<td>• Vocational guidance, signposting and advice for occupation</td>
</tr>
</tbody>
</table>

#### Intervention

<table>
<thead>
<tr>
<th>Reengagement in self care, productivity (work) &amp; leisure activities</th>
<th>Depends on skill mix of OT team and presentation of service user:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Level 6-7 Qualified OT.</td>
</tr>
</tbody>
</table>

#### Skill level

<table>
<thead>
<tr>
<th>Reengagement in self care, productivity (work) &amp; leisure activities</th>
<th>Extended sessions (more than 1 hour) generally weekly, decreasing as function increases.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Expected duration</td>
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<tr>
<td></td>
<td>Range: 3-12 months</td>
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<td>Average: 12 months</td>
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#### Contact

<table>
<thead>
<tr>
<th>Reengagement in self care, productivity (work) &amp; leisure activities</th>
<th>Access to appropriate space to undertake OT assessments and interventions.</th>
</tr>
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<tbody>
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<td>Professional leadership</td>
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#### Resource

<table>
<thead>
<tr>
<th>Reengagement in self care, productivity (work) &amp; leisure activities</th>
<th>To service user and carer</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Development of confidence, self esteem and reinforcement of occupational identity</td>
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<tr>
<td></td>
<td>Increased quality of life</td>
</tr>
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<td>Increased ownership for recovery</td>
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<td></td>
<td>Positive focus on engagement rather than problem orientated contact</td>
</tr>
<tr>
<td></td>
<td>Development of a meaningful lifestyle and achieving personal activity-related goals</td>
</tr>
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<td></td>
<td>Improved feeling of being connected through roles</td>
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<td></td>
<td>Increased social network and interaction with social environment</td>
</tr>
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<td></td>
<td>Reduced carer stress</td>
</tr>
<tr>
<td></td>
<td>Increased functional independence</td>
</tr>
<tr>
<td></td>
<td>Maintenance of mental and/or physical health</td>
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#### Added value

<table>
<thead>
<tr>
<th>Reengagement in self care, productivity (work) &amp; leisure activities</th>
<th>To Organisation</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Achievement of clinical outcome</td>
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<tr>
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<td>Achievement of patient related outcome</td>
</tr>
<tr>
<td></td>
<td>Achievement of national quality indicators</td>
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<tr>
<td></td>
<td>Reduced dependence on physical and mental health services</td>
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<td>Reduced hospital / long term care admission through prompt analysis of areas of risk and identification of strategies</td>
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<td>Social inclusion</td>
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<td></td>
<td>Reconnection of service user with social contacts and community resources to reduce re-admissions</td>
</tr>
<tr>
<td></td>
<td>Appropriately assessment and information for funding placements / housing panels / individualised budgets</td>
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<td>Improved function and reduced sick pay, sickness level and benefit payments</td>
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<td></td>
<td>Reduction in carer burden and increased ability for carers to support a service user</td>
</tr>
<tr>
<td></td>
<td>Contribution to formation of diagnosis</td>
</tr>
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**Care Cluster: 10 First Episode Psychosis**

<table>
<thead>
<tr>
<th>Assessment of self care, productivity, &amp; leisure activities</th>
<th>Challenges engaging in self care, productivity, &amp; leisure activities</th>
<th>Outcome of therapeutic encounter</th>
<th>Intervention</th>
<th>Skill level</th>
<th>Contact</th>
<th>Resource</th>
<th>Added value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ability to engage in self care productivity (work) &amp; leisure activities With a specific focus on:</td>
<td>• Motivation to engage in activity</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>• Responsibilities and routines</td>
<td>• Communication skills within activity</td>
<td></td>
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<td></td>
</tr>
<tr>
<td>• Organisation &amp; problem solving within activity</td>
<td>• Environment not supporting engagement in daily activity</td>
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Occupational Therapy

<table>
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<tr>
<th>Assessment of self care, productivity, &amp; leisure activities</th>
<th>Challenges engaging in self care, productivity, &amp; leisure activities</th>
<th>Outcome of therapeutic encounter</th>
<th>Intervention</th>
<th>Skill level</th>
<th>Contact</th>
<th>Resource</th>
<th>Added value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Difficulty engaging in self care, productivity (work) &amp; leisure activities due to below challenges</td>
<td>Difficulty engaging in self care, productivity (work) &amp; leisure activities due to below challenges</td>
<td>Reengagement in self care, productivity (work) &amp; leisure with specific improvement in</td>
<td>Goal setting and interventions to improve engagement in self care, productivity (i.e., work) &amp; leisure (e.g., sports, exercise, hobbies) activities.</td>
<td>Depends on skill mix of OT team and presentation of service user:</td>
<td>Extended sessions (more than 1 hour) generally weekly, decreasing as function increases, or until personal goals of socially inclusive and productive lifestyle achieved</td>
<td>Access to appropriate space to undertake OT assessments and interventions.</td>
<td>To service user and carer</td>
</tr>
<tr>
<td>Moderate Challenges</td>
<td>Moderate Challenges</td>
<td>Motivation to engage in daily activity</td>
<td>This includes:</td>
<td>Level 5-7 Qualified OT. PLUS OT support worker Level 3-4 to support OT intervention plan.</td>
<td>Expected duration Range: 2-24 months Average: 6 months</td>
<td>Specialist OT assessments including relevant software</td>
<td>Maintained occupational identity and wellbeing</td>
</tr>
<tr>
<td>• Motivation to engage in activity</td>
<td>• Motivation to engage in activity</td>
<td>• Increase ability to identify short term goal</td>
<td>• Building self efficacy to engage with activity</td>
<td>Occupational assessment, interventions, reviews, discharge planning and audit (OT 5-7)</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Materials for activities and assessments, petty cash</td>
<td>Improved quality of life</td>
</tr>
<tr>
<td>• Responsibilities and routines</td>
<td>• Exploring future options for activity</td>
<td>• Increase awareness of what one enjoys</td>
<td>• Education regarding management of symptoms within activity</td>
<td>Range: 15-57 hours Average contact: 24 hours</td>
<td>Range: 15-36 hours Average contact: 24 hours</td>
<td>Access to support workers as relevant</td>
<td>Increased ownership for recovery</td>
</tr>
<tr>
<td>• Organisation &amp; problem solving within activity</td>
<td>• Begin to feel enjoyment &amp; satisfaction in doing things</td>
<td>• Environment not supporting engagement in daily activity</td>
<td>• (Re) Establishing productive / valued routines</td>
<td>PLUS OT support worker Level 3-4 to support OT intervention plan.</td>
<td>PLUS OT support worker Level 3-4 to support OT intervention plan.</td>
<td>Access to OT support worker Level 3-4</td>
<td>Development of a meaningful lifestyle and achieving personal activity-related goals</td>
</tr>
<tr>
<td>• Understanding of environmental support to engage in activity (incl. physical &amp; social support network/carers &amp; home environment)</td>
<td>• Environment not supporting engagement in daily activity</td>
<td>• Increase feeling of connection to others through regular participation in roles</td>
<td>• Developing / maintaining organisation and problem solving within activity</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Access to collaborative working/ liaison with wider MDT (mental health and/or physical health) for joint assessments &amp; interventions</td>
<td>Improved feeling of being connected through roles</td>
</tr>
<tr>
<td>Minor Challenges</td>
<td>Minor Challenges</td>
<td>• Increase ability to identify and follow a simple daily routine</td>
<td>• Developing / maintaining supportive social relationships and networks</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Access to specialist services for onward referral, advice IM&amp;T equipment &amp; mobile technology, lone working device, phone</td>
<td>Enhance problem solving skills within activity</td>
</tr>
<tr>
<td>• Communication skills within activity</td>
<td>• Organisation &amp; problem solving within activity</td>
<td>• Organisation &amp; problem solving within activity</td>
<td>• Developing / maintaining independent living skills</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Clinical &amp; management supervision</td>
<td>Increased functional independence</td>
</tr>
<tr>
<td>• Mobility &amp; coordination within activity</td>
<td>• Mobility &amp; coordination within activity</td>
<td>• Rebuild physical spaces that support engagement in valued activities</td>
<td>• Supporting engagement in leisure &amp; exercise</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Education and development programmes and resources e.g. books</td>
<td>Maintenance of mental and/or physical health</td>
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<tr>
<td>Work Assessment</td>
<td>Work Assessment</td>
<td>Mobility &amp; coordination within activity</td>
<td>• Vocational Placement</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Professional leadership</td>
<td>Delayed need for other service involvement</td>
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<tr>
<td>Work environment</td>
<td>Work environment</td>
<td>Work readiness</td>
<td>Reviews:</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>To Organisation</td>
<td>Reduction of identified risks</td>
</tr>
<tr>
<td>Work readiness</td>
<td>Work readiness</td>
<td>Communication, interaction &amp; activity</td>
<td>• Review occupational interventions</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Occupational, intervention plan, supervised by OT (5-7):</td>
<td>Achievement of clinical outcome</td>
<td></td>
</tr>
</tbody>
</table>
| Occupational Therapy Care Packages in Mental Health (2010). Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Keltho, University of Illinois, Chicago
### Occupational Therapy

#### Assessment of self care, productivity, & leisure activities

- Ability to engage in self care, productivity (work) & leisure activities due to self limiting challenges.
- Difficulty engaging in self care, productivity (work) & leisure activities.

#### Challenges engaging in self care, productivity, & leisure activities

- Moderate Challenges
  - Motivation to engage in activity
  - Responsibilities and routines
  - Communication skills within activity
  - Organisation & problem solving within activity
  - Environment not supporting engagement in daily activity

- Minor Challenges
  - Mobility & coordination within activity

#### Outcome of therapeutic encounter

- Reengagement in self care, productivity (work) & leisure with specific improvement.
- Motivation to engage in daily activity
  - Increase ability to identify short term goal
  - Increase awareness of what one enjoys
  - Begin to feel enjoyment & satisfaction in doing things

- Responsibilities and routines
  - Increase feeling of connection to others through regular participation in roles
  - Increase ability to identify and follow a simple daily routine

- Communication & Interaction within activity
  - Develop ability to cooperate with others during a task

- Organisation & problem solving within activity
  - Develop capacity to maintain concentration of completing a simple (2-3 steps) tasks

- Environment supporting engagement in daily activity
  - Adjust activity demands to fit service users abilities
  - Identify / increase access to resources to engage in valued occupations
  - Identify / increase access to resources that support engagement in a satisfying routine

- Identify physical spaces that support engagement in valued activities

#### Reengagement in self care, productivity (work) & leisure activities

- Goal setting and interventions to improve engagement in self care, productivity (i.e., work) & leisure (e.g., sports, exercise, hobbies) activities.

- This includes:
  - Exploring future options for activity
  - Rapport building & graded engagement
  - Education regarding management of symptoms within activity
  - (Re) Establishing productive / valued routines
  - (Re) Establishing productive / valued roles
  - Developing / maintaining organisation and problem solving within activity
  - Developing / maintaining communication & interaction skills within activity
  - Developing / maintaining supportive social relationships and networks
  - Environmental modification to support engagement in activity
  - Carer education and support
  - Supporting Transitions in new physical and social environments
  - Developing / maintaining independent living skills
  - Liaison to enable independent living
  - Support engagement in leisure / exercise

#### Reviews:

- Review occupational interventions
- Reassess
- Liaise with care coordinator & wider MDT team

#### Discharge planning:

- Provision of release prevention plan
- Liaison with Care Co-ordinator to integrate occupational intervention plan with CPA care plan
- Liaise with employer, voluntary organisations, other health professionals

#### Audit of OT & Occupational Interventions

- Complete OT outcome measures

#### Examples of outcome measures that may be used include:

- Model of Human Occupation Screening Tool
- Assessment of Motor and Process Skills
- Assessment of Communication and Interaction Skills

#### Intervention

- Depends on skill mix of OT team and presentation of service user.
  - Level 6-7 Qualified OT.
  - PLUS OT support worker
  - Level 3 to support OT intervention plan.

- Sessions generally weekly, decreasing as function increases, usually to a maximum of 12 months or until personal goals of socially inclusive and productive lifestyle achieved

- Expected duration Range: 2-24 months
  - Average: 12 months

#### Occupational assessment, interventions, reviews, discharge planning and audit (OT 6-7)

- Range: 21-68 hours
- Average contact: 30 hours

- PLUS OT support worker
  - Level 3-4 to support OT intervention plan, supervised by OT (6-7)
  - Range: 13-27 hours
  - Average contact: 20 hours

#### To service user and carer

- Access to appropriate space to undertake OT assessments and interventions.
- Specialist OT assessments including relevant software
- Materials for activities and assessments, petty cash
- Access to support workers as relevant
- Transport
- Administrative support
- Direct payments
- Information leaflets for service user, carers, MDT
- Information on community resources, services including internet facilities, printer
- Office space
- Access to collaborative working/ liaison with wider MDT (mental health and/or physical health) for joint assessments & interventions
- Access to specialist services for onward referral, advice
- IM&T equipment & mobile technology, lone working device, phone
- Clinical & management supervision
- Education and development programmes and resources e.g. books
- Professional leadership

#### To organisation

- Development of confidence, self esteem and reinforcement of occupational identity
- Maintained occupational identity
- Increased ownership for recovery
- Positive focus on engagement rather than problem orientated contact
- Development of a meaningful lifestyle and achieving personal activity-related goals
- Improved daily routine
- Improved feeling of being connected through roles
- Improved communication with others
- Increased social network and interaction with social environment
- Enhanced problem solving skills within activity
- Increased feeling of control over environment
- Reduced carer stress
- Increased functional independence
- Maintenance of mental and/or physical health
- Reduce vulnerability
- Reduction of identified risks

### Occupational Therapy Care Packages in Mental Health (2010).

- Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Keelhoffer, University of Illinois, Chicago
### Care Cluster: 13 Ongoing or Recurrent Psychosis (High symptom and disability)

#### Occupational Therapy

<table>
<thead>
<tr>
<th>Assessment of self care, productivity, &amp; leisure activities</th>
<th>Challenges engaging in self care, productivity, &amp; leisure activities</th>
<th>Outcome of therapeutic encounter</th>
<th>Intervention</th>
<th>Skill/level</th>
<th>Contact</th>
<th>Resource</th>
<th>Added value</th>
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<tbody>
<tr>
<td>Ability to engage in self care productivity (work) &amp; leisure activities</td>
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<td>Goal setting and interventions to improve engagement in self care productivity (i.e., work) &amp; leisure (e.g., sports, exercise, hobbies) activities.</td>
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<tr>
<td>With a specific focus on:</td>
<td>Moderate Challenges</td>
<td>Motivation to engage in daily activity</td>
<td>This includes:</td>
<td>Level 6-7 Qualified OT. PLUS OT support worker Level 3 to support OT intervention plan.</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>• Motivation to engage in activity</td>
<td>• Increase ability to identify short term goal</td>
<td></td>
<td>Extended sessions (more than 1 hour) generally 1-2 times weekly, decreasing as function increases.</td>
<td></td>
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<tr>
<td></td>
<td>• Responsibilities and routines</td>
<td>• Increase awareness of what one enjoys</td>
<td></td>
<td>Expected duration Range: 2-24 months Average: 12 months</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>• Communication skills within activity</td>
<td>• Begin to feel enjoyment &amp; satisfaction in doing things</td>
<td></td>
<td>Occupational assessment, interventions, reviews, discharge planning and audit (OT 6-7):</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Organisation &amp; problem solving within activity</td>
<td>Responsibilities and routines</td>
<td></td>
<td>Range: 29-93 hours Average contact: 38 hours</td>
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<tr>
<td></td>
<td>Environment not supporting engagement in daily activity</td>
<td>Increase feeling of connection to others through regular participation in roles</td>
<td></td>
<td>PLUS OT support worker Level 3-4 to support OT intervention plan, supervised by OT (6-7):</td>
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</tr>
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<td>Minor Challenges</td>
<td>Increase ability to identify and follow a simple daily routine</td>
<td>Communication &amp; interaction within activity</td>
<td></td>
<td>Range: 17-36 hours Average contact: 23 hours</td>
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<tr>
<td>Mobility &amp; coordination within activity</td>
<td>Develop ability to cooperate with others during a task</td>
<td>Organisation &amp; problem solving within activity</td>
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<td>Environment supporting engagement in daily activity</td>
<td>Adjust activity demands to fit service users abilities</td>
<td>Environment supporting engagement in daily activity</td>
<td></td>
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<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Identify / increase access to resources to engage in valued occupations</td>
<td>Identify / increase access to resources that support engagement in a satisfying routine</td>
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<tr>
<td></td>
<td>Identify / increase access to resources that support engagement in a satisfying routine</td>
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<tr>
<td></td>
<td>Identify physical spaces that support engagement in valued activities</td>
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</tr>
<tr>
<td>Outcomes may include:</td>
<td>Mobility &amp; coordination within activity</td>
<td>Reengagement in self care, productivity (work) &amp; leisure with specific improvement in</td>
<td></td>
<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td>Development capacity to assure adequate stability, movement and energy to participate in daily activities</td>
<td></td>
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</tr>
</tbody>
</table>

#### Minor Challenges

- Difficulty engaging in self care, organizational, & problem solving
- Difficulty engaging in leisure activities

#### Intervention

- Review occupational interventions
- Reassess
- Liaise with care coordinator & wider MDT team

#### Discharge Planning

- Provision of relapse prevention plan
- Liaison with Care Co-ordinator to integrate occupational intervention plan with CPA care plan
- Liaise with employer, voluntary organisations, other health professionals

#### Audit of OT & Occupational Interventions

- Complete OT outcome measures

#### Examples of outcome measures that may be used include:

- Model of Human Occupation Screening Tool
- Assessment of Motor and Process Skills
- Assessment of Communication and Interaction Skills

#### Objectives

- To service user and carer
  - Development of confidence, self esteem and reinforcement of occupational identity
  - Maintained occupational identity and belonging
  - Improved enjoyment of positive and socially acceptable activities
  - Increased ownership for recovery
  - Positive focus on engagement rather than problem oriented contact
  - Development of a meaningful lifestyle and achieving personal activity-related goals
  - Improved daily routine
  - Improved feeling of being connected through roles
  - Increased social network and interaction with social environment
  - Enhance problem solving skills within activity
  - Enhanced capacity to concentrate within activity
  - Increased feeling of control over environment
  - Reduced carer stress
  - Increased functional independence
  - Maintenance of mental and/or physical health
  - Reduced impact on engagement in activity as illness progresses
  - Reduce vulnerability
  - Reduction of identified risks

#### To Organisation

- Achievement of clinical outcome
- Achievement of patient related outcome
- Achievement of national quality indicators
- Reduced dependence on physical and mental health services
- Reduced hospital / long term care admission through prompt analysis of areas of risk and identification of possible interventions
- Effective discharge
- Relapse prevention
- Increased client stability and engagement reducing overall demand on services
- Improved social return on investment
- Reduction and containment of disturbed behaviour, potentially reducing incidents and SU&Is
- Social inclusion
- Reconnection of service user with social contacts and community resources to reduce re-admissions
- Appropriate assessment and information for funding placements / housing panels / individualised budgets
- Appropriate placement
- Reduction in carer burden and increased ability for carers to continue support to service user

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Occupational Therapy Care Packages in Mental Health (2010)
Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Kleinhoffer, University of Illinois, Chicago
Occupational Therapy Care Packages in Mental Health (2010).

Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Kielhofner, University of Illinois, Chicago
## Occupational Therapy

<table>
<thead>
<tr>
<th>Ability to engage in self care productivity (work) &amp; leisure activities</th>
<th>Difficulty engaging in self care, productivity (work) &amp; leisure activities due to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>With a specific focus on:</td>
<td>- Motivation to engage in activity</td>
</tr>
<tr>
<td>- Responsibilities and routines</td>
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<tr>
<td>- Communication skills within activity</td>
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</tr>
<tr>
<td>- Organisation &amp; problem solving within activity</td>
<td></td>
</tr>
<tr>
<td>- Mobility &amp; coordination within activity</td>
<td></td>
</tr>
<tr>
<td>Understanding of environmental support to engage in activity (incl. physical &amp; social support network/carer’s home environment)</td>
<td>If need identified the below should be considered:</td>
</tr>
<tr>
<td>- Mobility &amp; coordination within activity</td>
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<tr>
<td>Reengagement in self care, productivity (work) &amp; leisure within activity with:</td>
<td>- Motivation to engage in daily activity</td>
</tr>
<tr>
<td>- Specific improvement in:</td>
<td>- Increase ability to identify short term goal</td>
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<tr>
<td>- Awareness of what one enjoys</td>
<td>- Begin to feel enjoyment &amp; satisfaction in doing things</td>
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<tr>
<td>Communication skills within activity</td>
<td>- Increase awareness of:</td>
</tr>
<tr>
<td>Organisation &amp; problem solving within activity</td>
<td>- Increase awareness of participation roles</td>
</tr>
<tr>
<td>Mobility &amp; coordination within activity</td>
<td>- Increase awareness of self care activities</td>
</tr>
<tr>
<td>Environment not supporting engagement in daily activity</td>
<td>- Increase awareness of productivity activities</td>
</tr>
</tbody>
</table>

### Goal setting and interventions to improve engagement in self care, productivity (i.e., work) & leisure (e.g., sports, exercise, hobbies) activities.

#### This includes:
- Building self efficacy to engage with activity
- Exploring future options for activity
- Building enjoyment when engaged in activity
- Re motivation process
- Rapport building & graded engagement
- (Re) Establishing productive / valued routines
- (Re) Establishing productive / valued roles
- Lifestyle adjustment
- Developing / maintaining organisation and problem solving within activity
- Developing / maintaining supportive social relationships and networks
- Environmental modification to support engagement in activity
- Supporting Transitions in new physical and social environments
- Carer education and support
- Consultation, liaison and advice
- Developing / maintaining independent living skills
- Supporting engagement in leisure & exercise

#### Reviews:
- Review occupational interventions
- Reassess
- Liaise with care coordinator & wider MDT team

### Intervention

#### Discharge planning:
- Provision of relapse prevention plan
- Liaison with Care Co-ordinator to integrate occupational intervention plan with CPA care plan
- Liaise with employer, voluntary organisations, other health professionals

#### Audit of OT & Occupational interventions

- Complete OT outcome measures

#### Examples of outcome measures that may be used include:
- Model of Human Occupation Screening Tool
- Assessment of Motor and Process Skills
- Assessment of Communication and Interaction Skills
- Worker Role Interview
- Work Environment Impact Scale

<table>
<thead>
<tr>
<th>Reengagement in self care, productivity (work) &amp; leisure with specific improvement in:</th>
<th>Motivation to engage in daily activity</th>
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<tr>
<td>Increase ability to identify short term goal</td>
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<td>Increase awareness of self care activities</td>
<td>Increase awareness of productivity activities</td>
</tr>
</tbody>
</table>

### Daily contact during crisis or while on ward, decreasing as function improves or following discharge.

- Expected duration: Range: 2-6 months
- Average: 4 months
- Occupational assessment, interventions, reviews, discharge planning and audit (OT-56)
- Ranges: 10-30 hours
- Average contact: 20 hours

### PLUS OT support worker Level 3-4 to support OT intervention plan, supervised by OT (5-6):

- Ranges: 12-34 hours
- Average contact: 24 hours

### To service user and carer
- Development of confidence, self esteem and reinforcement of occupational identity
- Maintained occupational identity and wellbeing
- Improved engagement of positive and socially acceptable activities
- Increased ownership for recovery
- Development of a meaningful lifestyle and achieving personal activity-related goals
- Improved daily routine
- Improved feeling of being connected through roles
- Improved communication with others
- Increased social network and interaction with social environment
- Enhance problem solving skills within activity
- Enhance capacity to concentrate within activity
- Ability to negotiate environment
- Reduced carer stress
- Increased functional independence
- Maintenance of mental and/or physical health
- Reduce vulnerability
- Reduction of identified risks

### To Organisation
- Achievement of clinical outcome
- Achievement of patient related outcome
- Achievement of national quality indicators
- Reduced hospital / long term care admission through prompt analysis of areas of risk and identification of strategies
- Effective discharge
- Relapse prevention
- Increased client stability and engagement reducing overall demand on services
- Improved social return on investment
- Decrease in self harming behaviour
- Social inclusion
- Reconnection of service user with social contacts and community resources to reduce re-admissions
- Appropriate assessment and information for funding placement / housing panels /
- Appropriate placement
- Improved function and reduced sick pay, sickness level and benefit payments
- Reduction in carer burden and increased ability for carers to continue their support to a service user.
- Contribution to formation of diagnosis

### Literature
- Mike Garnham, South West Yorkshire NHS Foundation Trust;  Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University Edinburgh; Sun Lee Wook, Renee Taylor, Gary Kelkhofer, University of Illinois, Chicago

### Occupational Therapy Care Packages in Mental Health (2010).
### Care Cluster: 16 Dual Diagnosis

#### Occupational Therapy

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<td>Access to appropriate space to undertake OT assessments and interventions.</td>
<td>To service user and carer</td>
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</tr>
<tr>
<td>Motivation to engage in activity</td>
<td>Severe challenges</td>
<td>Motivation to engage in daily activity</td>
<td>This includes:</td>
<td>Level 6-7 Qualified OT.</td>
<td>Specialist OT assessments including relevant software</td>
<td>Development of confidence, self esteem and reinforcement of occupational identity</td>
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<td>Responsibilities and routines</td>
<td>Moderate Challenges</td>
<td>Increase ability to identify short term goal</td>
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<td>Development of occupational identity and wellbeing</td>
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<td>Communication skills within activity</td>
<td>Environment not supporting engagement in daily activity</td>
<td>Increase awareness of what one enjoys</td>
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<td>Improved enjoyment of positive and socially acceptable activities</td>
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<td>Organisation &amp; problem solving within activity</td>
<td>Minor Challenges</td>
<td>Begin to feel enjoyment &amp; satisfaction in doing things</td>
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<td>Increased ownership for recovery</td>
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<td>Environment not supporting engagement in daily activity</td>
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<td>Positive focus on engagement rather than problem orientated contact</td>
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<td>Development of a meaningful lifestyle and achieving personal activity-related goals</td>
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<td>Understanding of environment</td>
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<td>Improved daily routine</td>
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<td>If need identified the below should be considered:</td>
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<td>Improved feeling of being connected through roles</td>
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<td>Mobility &amp; coordination within activity</td>
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<td>Enhance problem solving skills within activity</td>
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#### Examples of outcome measures that may be used include:
- Model of Human Occupation Screening Tool
- Occupational Circumstances Assessment Interview & Rating Scale
- Assessment of Motor and Process Skills
- Assessment of Communication and Interaction Skills

#### Level 6-7 Assessment of Motor and Process Skills

- **Interview & Rating Scale**
- **Occupational Circumstances Assessment**
- **Model of Human Occupation Screening Tool**
- **Occupational Intervention Plan with CPA care**
- **Liaison to enable independent living**
- **Consultation, liaison and advice for onward referral, advice**
- **Information leaflets for specialist services**
- **Contact / information on community resources, services including internet facilities, printer**
- **Administration support (e.g. books)**
- **Materials for activities and interventions.**
- **Access to collaborative working with wider MDT (mental health and/or physical health) for joint assessments & interventions.**
- **To Organisation**
- **To service user and carer**

#### Carer education and support

- **Access to specialist services for onward referral, advice**
- **IMT equipment & mobile technology, lone working device, phone**
- **Clinical & management supervision**
- **Education and development programmes and resources e.g. books**
- **Professional leadership**

#### Occupational Therapy Care Packages in Mental Health (2010).

- Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Kielhofner, University of Illinois, Chicago
Care Cluster: 17 Psychosis and Affective Disorder (Difficult to engage)

**Occupational Therapy**

<table>
<thead>
<tr>
<th>Assessment of self care, productivity, &amp; leisure activities</th>
<th>Challenges engaging in self care, productivity, &amp; leisure activities</th>
<th>Outcome of therapeutic encounter</th>
<th>Intervention</th>
<th>Skill/level</th>
<th>Contact</th>
<th>Resource</th>
<th>Added value</th>
</tr>
</thead>
</table>
| Difficulty engaging in self care, productivity (work) & leisure activities due to below challenges | Severe challenges  
Motivation to engage in activity  
Responsibilities and routines  
Moderate Challenges  
Communication skills within activity  
Organisation & problem solving within activity  
Environment not supporting engagement in activity | Minor Challenges  
Mobility & coordination within activity | Reengagement in self care, productivity (work) & leisure with specific improvement in  
Motivation to engage in daily activity  
Increase ability to identify short term goal  
Increase awareness of what one enjoys  
Begin to feel enjoyment & satisfaction in doing things | Depends on skill mix of OT team and presentation of service user:  
Level 6-7 Qualified OT:  
PLUS OT support worker  
Level 3-4 to support OT intervention plan.  
Range: 41-150 hours  
Average contact: 101 hours | Extended sessions (more than 1 hour) initially  
weekly weekly, decreasing as function increases.  
Expected duration  
Range: 6-24 months  
Average: 15 months | Access to appropriate space to undertake OT assessments and interventions.  
Specialist OT assessments including relevant software  
Materials for activities and assessments, petty cash  
Access to support workers as relevant | To service user and carer  
Development of confidence, self esteem and normalisation of occupational identity  
Maintained occupational identity (self-believing)  
Improved enjoyment of positive and socially acceptable activities  
Increased ownership for recovery  
Positive focus on engagement rather than problem orientated contact |  
Development of confidence, self esteem and normalisation of occupational identity  
Maintained occupational identity (self-believing)  
Improved enjoyment of positive and socially acceptable activities  
Increased ownership for recovery  
Positive focus on engagement rather than problem orientated contact  
Improved daily routine  
Improved feeling of being connected through roles  
Increased social network and interaction with social environment  
Enhance capacity to concentrate within activity  
Reduced carer stress  
Increased functional independence  
Maintenance of mental and/or physical health  
Reduce vulnerability  
Reduction of identified risks  
To Organisation  
Achievement of clinical outcome  
Achievement of patient related outcome  
Achievement of national quality indicators  
Reduced dependence on physical and mental health services  
Reduced hospital / long term care admission through prompt analysis of areas of risk and identification of strategies  
Effective discharge planning  
Relapse prevention  
Increased client stability and engagement reducing overall demand on services  
Improved social return on investment  
Reduction and containment of disturbed behaviour, potentially reducing incidents and STMs  
Decrease in self harming behaviour  
Social inclusion  
Reconnection of service user with social contacts and community resources to reduce re-admissions  
Appropriate assessment and funding place- ments / housing packages / individualised budgets  
Appropriate placement  
Reduction in carer burden and increased ability for carers to continue their support to a service user |

**Minor Challenges**

- Mobility & coordination within activity
- Develop capacity to assure adequate stability, movement and energy to participate in daily activities

**Environment not supporting engagement in activity**

- Adjust activity demands to fit service users abilities
- Identify / increase access to resources to engage in valued occupations
- Identify / increase access to resources that support engagement in a satisfying routine
- Identify physical spaces that support engagement in valued activities

**Outcomes may include:**

- Mobility & coordination within activity
- Develop capacity to assure adequate stability, movement and energy to participate in daily activities

**Outcome of therapeutic encounter**

- Reengagement in self care, productivity (work) & leisure with specific improvement in:
  - Motivation to engage in daily activity
  - Increase ability to identify short term goal
  - Increase awareness of what one enjoys
  - Begin to feel enjoyment & satisfaction in doing things

**With a specific focus on:**

- Work readiness
- Work coordination
- Communication (incl. physical & social environments)
- Problem solving
  - Understanding of responsibilities and routines
  - Participation in roles
  - Engagement in activity
  - Problem solving within activity
  - Communication skills within activity
  - Problem solving within activity

**Challenges engaging in self care, productivity (work) & leisure activities**

- Severe challenges
  - Motivation to engage in activity
  - Responsibilities and routines
- Moderate Challenges
  - Communication skills within activity
  - Organisation & problem solving within activity
  - Environment not supporting engagement in activity

**Assessment of self care, productivity, & leisure activities**

- Mobility & coordination within activity
- Work Assessment
- Work environment
- Work readiness

**Goal setting and interventions to improve:**

- Engagement in self care, productivity (i.e., work)
- Improvement in (e.g., sports, exercise, hobbies) activities

**Responsibilities and routines**

- Exploring future options for activity
- Building enjoyment when engaged in activity
- Re motivation process
- Rappor building & graded engagement
- Education regarding management of symptoms within activity

**Organisation & problem solving within activity**

- Re) Establishing productive / valued routines
- Re) Establishing productive / valued roles
- Developing / maintaining organisation and problem solving within activity
- Developing / maintaining communication & interaction skills within activity
- Developing / maintaining supportive social relationships and networks
- Supporting Transitions in new physical and social environments
- Carer education and support
- Consultation, liaison and advice
- Developing / maintaining independent living skills
- Liaison to enable independent living
- Supporting engagement in leisure and exercise
- Vocational enablement

**Rapport building & graded engagement**

- Building enjoyment when engaged in activity
- Supporting Transitions in new physical and social environments
- Carer education and support
- Consultation, liaison and advice
- Developing / maintaining independent living skills
- Liaison to enable independent living
- Supporting engagement in leisure and exercise
- Vocational enablement

**Consultation, liaison and advice**

- Building enjoyment when engaged in activity
- Supporting Transitions in new physical and social environments
- Carer education and support
- Consultation, liaison and advice
- Developing / maintaining independent living skills
- Liaison to enable independent living
- Supporting engagement in leisure and exercise
- Vocational enablement

**Liaise with care coordinator & wider MDT**

- Building enjoyment when engaged in activity
- Supporting Transitions in new physical and social environments
- Carer education and support
- Consultation, liaison and advice
- Developing / maintaining independent living skills
- Liaison to enable independent living
- Supporting engagement in leisure and exercise
- Vocational enablement

**Model of Human Occupation Screening Tool**

- Building enjoyment when engaged in activity
- Supporting Transitions in new physical and social environments
- Carer education and support
- Consultation, liaison and advice
- Developing / maintaining independent living skills
- Liaison to enable independent living
- Supporting engagement in leisure and exercise
- Vocational enablement

**Occupational Therapy Care Packages in Mental Health (2010).**

Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Kielhofner, University of Illinois, Chicago
### Care Cluster: 18 Cognitive Impairment (low need)

#### Occupational Therapy

<table>
<thead>
<tr>
<th>Assessment of self care, productivity, &amp; leisure activities</th>
<th>Challenges engaging in self care, productivity, &amp; leisure activities</th>
<th>Outcome of therapeutic encounter</th>
<th>Intervention</th>
<th>Skill/level</th>
<th>Contact</th>
<th>Resource</th>
<th>Added value</th>
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</thead>
<tbody>
<tr>
<td>Ability to engage in self care productivity (work) &amp; leisure activities</td>
<td>Difficulty engaging in self care productivity (work) &amp; leisure activities due to below challenges</td>
<td>Moderate Challenges</td>
<td>Motivation to engage in activity</td>
<td>Increase ability to identify short term goal</td>
<td>Access to appropriate space to undertake OT assessments and interventions.</td>
<td>Specialist OT assessments including relevant software.</td>
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<td>Increase awareness of what one enjoys</td>
<td>Materials for activities and assessments, petty cash.</td>
<td>Specialist enabling disability and technological telecare related equipment; orientation aids.</td>
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<td>Begin to feel enjoyment &amp; satisfaction in doing things</td>
<td>Access to support workers as relevant.</td>
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<td>Loss of independence &amp; motivation to engage in activity</td>
<td>Transport</td>
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<td>Occupational intervention plan.</td>
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<td>Increased feeling of control over environment</td>
<td>Direct payments</td>
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<td>Increased awareness of self care, productivity, &amp; leisure activities</td>
<td>Information leaflets for service users, carers, MDT</td>
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<td>Engagement in valued activities</td>
<td>Information on community resources, services including internet facilities, printer</td>
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<td>Increased awareness of social contacts and community</td>
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<td>Increased awareness of physical health</td>
<td>Access to collaborative working/ liaison with wider MDT (mental health and/or physical health) for joint assessments &amp; interventions</td>
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<td>Increased awareness of mental and/or physical health</td>
<td>Access to specialist services for onward referral, advice</td>
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<td>Increased awareness of social contacts and community resources to reduce re-admissions</td>
<td>IM&amp;T equipment &amp; mobile technology, lone working device, phone</td>
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<td>Clinical &amp; management supervision</td>
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<td>Increased awareness of mental and/or physical health</td>
<td>Education and development programmes and resources e.g. books</td>
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### Occupational Therapy

#### Care Cluster: 19 Cognitive impairment or dementia complicated (Moderate Need)

<table>
<thead>
<tr>
<th>Assessment of self care, productivity, &amp; leisure activities</th>
<th>Challenges engaging in self care, productivity, &amp; leisure activities</th>
<th>Occupation of therapeutic encounter</th>
<th>Intervention</th>
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<th>Contact</th>
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<tbody>
<tr>
<td>Ability to engage in self care productivity (work) &amp; leisure activities</td>
<td>Difficulty engaging in self care, productivity (work) &amp; leisure activities due to below challenges</td>
<td>Reengagement in self care, productivity (work) &amp; leisure with specific improvement in</td>
<td>Motivation to engage in activity</td>
<td>Depends on skill mix of OT team and presentation of service user: Level 5-7</td>
<td>Occupational assessment, interventions, reviews, discharge planning and audit (OT 6-7)</td>
<td>TO service user and carer</td>
<td>To service user and carer</td>
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<td>Moderate Challenges</td>
<td>• Motivation to engage in activity</td>
<td>• Building self efficacy to engage with activity</td>
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<td>• Responsibilities and routines</td>
<td>• Building enjoyment when engaged in activity</td>
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<td>• Communication skills within activity</td>
<td>• (re) Establishing productive / valued routines</td>
<td>• (re) Establishing productive / valued routines</td>
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<td>• Organisation &amp; problem solving within activity</td>
<td>• Lifestyle adjustment</td>
<td>• Developing capacity to assure adequate stability, movement and energy to participate in activity</td>
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<td>• Mobility &amp; coordination within activity</td>
<td>• Developing / maintaining organisation and problem solving within activity</td>
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<td>• Environment not supporting engagement in activity</td>
<td>• Engaging in meaningful activities that maximise sensory opportunities to allow more engagement in a broader range of environments</td>
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<td>• Mobility &amp; coordination within activity</td>
<td>• Environmental modification to support engagement in activity</td>
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<td>• Development capacity to assure adequate stability, movement and energy to participate in daily activities</td>
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<td>• Adjust activity demands to fit service users abilities</td>
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<td>• Adjust activity demands to fit service users abilities</td>
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<td>• Identify / increase access to resources to engage in valued occupations</td>
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<td>• Identify physical spaces that support engagement in valued activities</td>
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</tbody>
</table>

**Purpose:**
- Increase ability to identify short term goal
- Increase awareness of what one enjoys
- Begin to feel enjoyment & satisfaction in doing things

**This includes:**
- Building self efficacy to engage with activity
- Building enjoyment when engaged in activity
- (re) Establishing productive / valued routines
- Lifestyle adjustment
- Developing capacity to assure adequate stability, movement and energy to participate in activity
- Developing / maintaining organisation and problem solving within activity
- Engaging in meaningful activities that maximise sensory opportunities to allow more engagement in a broader range of environments
- Environmental modification to support engagement in activity

**Limitations:**
- Environment not supporting engagement in activity
- Limited ability to identify and follow a simple daily routine

**Reengagement in self care, productivity (work) & leisure activities**
- Mobility & coordination within activity
- Environment not supporting engagement in activity

**Flexible**
- Environmental modification to support engagement in activity
- Developing Capacity to assure adequate stability, movement and energy to participate in daily activities
- Engaging in meaningful activities that maximise sensory opportunities to allow more engagement in a broader range of environments
- Environmental modification to support engagement in activity
- Developing Capacity to assure adequate stability, movement and energy to participate in daily activities

**Mobility & coordination within activity**
- Developing capacity to maintain concentration of completing a simple (3 steps) task

**Communication skills within activity**
- Developing Capacity to assure adequate stability, movement and energy to participate in daily activities
- Engaging in meaningful activities that maximise sensory opportunities to allow more engagement in a broader range of environments
- Environmental modification to support engagement in activity

**Other:**
- Consultation, liaison and advice
- Carer education and support
- Liaison to enable independent living
- Liaison to support workers as relevant
- Transport
- Administrative support
- Liaison to enable independent living
- Liaison to support workers as relevant
- Transport
- Administrative support

**Contact:**
- 24 hours
- 7 days
- 55 hours

**Range:**
- 3 to 55 hours
- 2 to 6 months

**Expected duration:**
- Range: 2 to 6 months

**Average contact:**
- 24 hours
- Average contact: 23 hours

**Average: 6 months**

**Increased ability for carers to continue their support to a service user**

**Additional resources:**
- Specialist OT assessments including relevant software
- Materials for activities and assessments, petty cash
- Specialist enabling disability and technological telecare related equipment, orientation aids
- Access to support workers as relevant
- Transport
- Administrative support
- Direct payments
- Information leaflets for service users, carers, MDT
- Information on community resources, services including internet facilities, printer
- Office space
- Access to collaborative working/liaison with wider MDT (mental health and/or physical health) for joint assessments & interventions
- Access to specialist services for onward referral, advice
- IMT & equipment & mobile technology, tele working device, phone
- Clinical & management supervision
- Education and development programmes and resources e.g. books
- Professional leadership

**To Organisation:**
- Achievement of clinical outcome
- Achievement of patient related outcome
- Achievement of national quality indicators
- Reduced uptake of health and social care resources
- Reduced dependence on physical and mental health services
- Reduced hospital / long term care admission through prompt analysis of areas of risk and identification of strategies
- Effective discharge
- Improved social return on investment
- Reduction and containment of disturbed behaviour, potentially reducing incidents and SIRS
- Reduction in risk of injury / accident / falls that would result in accessing physical service
- Social inclusion
- Reconnection of service user with social contacts and community resources to reduce re-admissions
- Appropriate assessment and information for funding placements / housing panels / individualised budgets
- Appropriate placement

**To service user and carer:**
- Maintained occupational identity and wellbeing
- Improved quality of life
- Improved daily routine
- Continue feeling of being connected through roles
- Increased social network and interaction with social environment
- Enhance problem solving skills within activity

**Added value:**
- Increased feeling of control over environment
- Ability to negotiate environment
- Reduced carer stress
- Increased functional independence
- Maintenance of mental and/or physical health
- Reduced impact on engagement in activity as illness progresses
- Reduce vulnerability
- Reduction of identified risks

**Occupational Therapy Care Packages in Mental Health (2010).**

Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Kielhofner, University of Illinois, Chicago
### Care Cluster: 20 Cognitive Impairment or Dementia complicated (High Need)

#### Occupational Therapy

<table>
<thead>
<tr>
<th>Assessment of self care, productivity, &amp; leisure activities</th>
<th>Challenges engaging in self care, productivity, &amp; leisure activities</th>
<th>Outcome of therapeutic encounter</th>
<th>Intervention</th>
<th>Skill level</th>
<th>Contact</th>
<th>Resource</th>
<th>Added value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ability to engage in self care, productivity (work) &amp; leisure activities</td>
<td>With a specific focus on:</td>
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<td>• Motivation to engage in activity</td>
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<td></td>
<td>• Responsibilities and routines</td>
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<td></td>
<td>• Organisation &amp; problem solving within activity</td>
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<tr>
<td></td>
<td>• Mobility &amp; coordination within activity</td>
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<tr>
<td></td>
<td>• Environment not supporting engagement in activity</td>
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</tbody>
</table>

#### Reengagement in self care, productivity (work) & leisure with specific improvement in:

- Responsibilities and routines
  - Increase ability to identify and follow a simple daily routine
  - Increase ability to take on a simple role in a group
  - Organisation & problem solving within activity
  - Develop capacity to retain and follow simple instructions for 2-3 step activities.

- Motivation to engage in activity
  - Increase ability to identify short term goal
  - Increase awareness of what one enjoys
  - Begin to feel enjoyment & satisfaction in doing things

- Communication skills within activity
  - Develop ability to cooperate with others during a task

- Mobility & coordination within activity
  - Develop capacity to assure adequate stability, movement and energy to participate in daily activities

- Environment not supporting engagement in daily activity
  - Adjust activity demands to fit service users abilities
  - Identify / increase access to resources to engage in valued occupations
  - Identify / increase access to resources that support engagement in a satisfying routine
  - Identify physical spaces that support engagement in valued activities

#### Goal setting and interventions to improve engagement in self care, productivity (i.e., work) & leisure (e.g., sports, exercise, hobbies) activities.

- **This includes:**
  - Building self efficacy to engage with activity
  - Building enjoyment when engaged in activity
  - Rapport building & graded engagement
  - Developing capacity to assure adequate stability, movement and energy to participate in activity
  - Developing / maintaining organisation and problem solving within activity
  - Engaging in meaningful activities that maximise sensory opportunities to allow more engagement in a broader range of environments
  - Environmental modification to support engagement in activity
  - Assistive Technology
  - Supporting Transitions in new physical and social environments
  - Career education and support
  - Consultation, liaison and advice

- **Reviews:**
  - Review occupational interventions
  - Reassess
  - Liaise with carers, care coordinator & wider MDT team

- **Discharge planning:**
  - Provision of relapse prevention plan
  - Liaison with Care Co-ordinator to integrate occupational intervention plan with CPA care plan
  - Liaise with voluntary organisations, other health professionals

- **Audit of OT & Occupational Interventions**
  - Complete OT outcome measures

- **Examples of outcome measures that may be used include:**
  - Model of Human Occupation Screening Tool
  - Votitional Questionnaire
  - Assessment of Motor and Process Skills
  - Assessment of Communication and Interaction Skills

- **Depends on skill mix of OT team and presentation of service user:**

  - **Level 6-7 Qualified OT. PLUS OT support worker Level 3-4 to support OT intervention plan.**
    - **Range:** 6-64 hours
    - **Average contact:** 31 hours

- **Occupational assessment, interventions, reviews, discharge planning and audit (OT 6-7)**
  - **Range:** 6-64 hours
  - **Average contact:** 27 hours

- **PLUS OT support worker Level 3-4 to support OT intervention plan, as guided by OT (6-7):**
  - **Range:** 2-55 hours
  - **Average contact:** 27 hours

- **Access to appropriate space to undertake OT assessments and interventions.**
- **Specialist OT assessments including relevant software**
- **Materials for activities and assessments, petty cash**
- **Specialist enabling disability and technological telecare related equipment, orientation aids**
- **Access to support workers as relevant**
- **Transport**
- **Administrative support**
- **Direct payments**
- **Information leaflets for service users, carers, MDT**
- **Information on community resources, services including internet facilities, printer**
- **Office space**
- **Access to collaborative working/liaison with wider MDT (mental health and/or physical health) for joint assessments & interventions**
- **Access to specialist services for onward referral, advice**
- **IM&T equipment & mobile technology, time working device, phone**
- **Clinical & management supervision**
- **Education and development programmes and resources e.g. books**
- **Professional leadership**

- **To service user and carer**
  - Maintained occupational identity and wellbeing
  - Improved quality of life
  - Improved daily routine
  - Improved feeling of being connected through roles
  - Increased social network and interaction with social environment
  - Enhance problem solving skills within activity
  - Increased feeling of control over environment
  - Ability to negotiate environment
  - Reduced carer stress
  - Increased functional independence
  - Maintenance of mental and/or physical health
  - Reduced impact on engagement in activity as illness progresses
  - Reduce vulnerability
  - Reduction of identified risks

- **To Organisation**
  - Achievement of clinical outcome
  - Achievement of patient related outcome
  - Achievement of national quality indicators
  - Reduced uptake of health and social care resources
  - Reduced dependence on physical and mental health services
  - Reduced hospital / long term care admission through prompt analysis of areas of risk and identification of strategies
  - Effective discharge
  - Improved social return on investment
  - Reduction and containment of disturbed behaviour, potentially reducing incidents and SUs
  - Reduction in risk of injury / accident if falls that would result in accessing physical service
  - Social inclusion
  - Reconnection of service user with social contacts and community resources to reduce re-admissions
  - Appropriate assessment and information for funding / placements / housing panels / individualised budgets
  - Appropriate placement
  - Reduction in carer burden and increased ability for carers to continue their support to a service user

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Occupational Therapy Care Packages in Mental Health (2010).
Mike Garnham, South West Yorkshire NHS Foundation Trust; Mary Morley, South West London St. George’s NHS Trust; Kirsty Forsyth, Queen Margaret University, Edinburgh; Sun Lee Wook, Renee Taylor, Gary Kielhofner, University of Illinois, Chicago
## Care Cluster: 21 Cognitive Impairment or Dementia complicated (High Need)

### Occupational Therapy

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<th>Contact</th>
<th>Resource</th>
<th>Added value</th>
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<tbody>
<tr>
<td>Ability to engage in self care productivity (work) &amp; leisure activities due to challenges</td>
<td>Difficulty engaging in self care, productivity (work) &amp; leisure activities</td>
<td>Reengagement in self care, productivity (work) &amp; leisure with specific improvement in:</td>
<td>Goal setting and interventions to improve engagement in self care, productivity (i.e., work) &amp; leisure (e.g., sports, exercise, hobbies) activities.</td>
<td>Depends on skill mix of OT team and presentation of service user:</td>
<td>Access to appropriate space to undertake OT assessments and interventions.</td>
<td>To service user and carer</td>
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<tr>
<td>With a specific focus on:</td>
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<td>Responsibilities and routines</td>
<td>This includes:</td>
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<td>Specialist OT assessments including relevant software</td>
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<tr>
<td>• Motivation to engage in activity</td>
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<td>• Increase ability to identify and follow a simple daily routine</td>
<td>• Building self efficacy to engage with activity</td>
<td>PLUS OT support worker Level 3-4 to support OT intervention plan.</td>
<td>Materials for activities and assessments, petty cash</td>
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<td>• Responsibilities and routines</td>
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<td>• Increase ability to take on a simple role in a group</td>
<td>• Building enjoyment when engaged in activity</td>
<td>Ranges: 6-34 hours</td>
<td>Specialist enabling disability and technological telecare related equipment, orientation aids</td>
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<tr>
<td>• Organisation &amp; problem solving within activity</td>
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<td>Organization &amp; problem solving within activity</td>
<td>• Rapport building &amp; graded engagement</td>
<td>Average: 24 hours</td>
<td>Access to support workers as relevant</td>
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<td>• Motivation to engage in activity</td>
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<td>• Increase ability to identify and follow a simple daily routine</td>
<td>• Developing capacity to assure adequate stability, movement and energy to participate in activity</td>
<td>Occupational assessment, interventions, reviews, discharge planning and audit (OT 6-7)</td>
<td>Transport</td>
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<tr>
<td>Moderate Challenges</td>
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<td>• Increase ability to take on a simple role in a group</td>
<td>• Developing &amp; maintaining organisation and problem solving within activity</td>
<td>Range: 6-7;</td>
<td>Administrative support</td>
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<td>Communication skills within activity</td>
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<td>Motivation to engage in activity</td>
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<td>Ranges: 2-70 hours</td>
<td>Direct payments</td>
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<td>Engagement not supporting engagement in activity</td>
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<td>• Begin to feel enjoyment &amp; satisfaction in doing things</td>
<td>• Supporting Transitions in new physical and social environments</td>
<td>Ranges: 2-70 hours</td>
<td>Office space</td>
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<td>• Care education and support</td>
<td>Average contact: 24 hours</td>
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<td>Developability to cooperate with others during a task</td>
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<td>Plus OT support worker Level 3-4 to support OT intervention plan, as guided by OT (5-7);</td>
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<td>Develop ability to assure adequate stability, movement and energy to participate in daily activities</td>
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<td>Average contact: 24 hours</td>
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### Example Measures

- Modal of Human Occupation Screening Tool
- Volitional Questionnaire
- Assessment of Motor and Process Skills
- Assessment of Communication and Interaction Skills

### Outcome Measures

- Improved feeling of being connected through tasks
- Enhancement capacity to concentrate within activity
- Ability to negotiate environment
- Reduced carer stress
- Maintenance of mental and/or physical health
- Reduced impact on engagement in activity as illness progresses
- Reduced vulnerability
- Reduction of identified risks

###To Organisation

- Achievement of clinical outcome
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