

ADAPTED OCCUPATIONAL INTERVENTIONS

Delivering occupational interventions requires specialist training. The competences outlined in this section are for professionally registered practitioners who are trained to deliver occupational interventions such as an occupational therapist.

Knowledge

An ability to draw on knowledge that the health of an individual is fostered through active engagement in one's occupations and that when the patient is experiencing a crisis this may be hindered

An ability to draw on knowledge that disturbances in occupation usually result in:

poor sleep

difficulties completing personal self-care tasks

difficulties completing domestic activities of daily living

a lack of motivation to participate in leisure activities

poor concentration to attend to tasks

disrupted social interactions

disrupted routines

An ability to draw on knowledge of common occupational functioning issues which cause or exacerbate a patient's mental health crisis (for example, problems with employment and completing usual routine tasks)

An ability to draw on knowledge that during a crisis the patient may have a significant decrease in volition and find it difficult to engage in occupational interventions

An ability to draw on knowledge of the effects or side effects of psychopharmacological treatment on occupational functioning

Assessing and delivering occupational interventions

An ability to conduct a thorough assessment of occupational functioning difficulties which have contributed to the patient's crisis, with a particular focus on identifying:

what occupational difficulties may pose a risk (for example, a patient being vulnerable due to challenges with budgeting)

facilitators and barriers to current occupational functioning

occupational barriers to a safe discharge (for example, self-neglect)

hopes and goals for current and future meaningful occupational roles

An ability to develop an intervention plan focusing on areas of poor occupational function which have contributed to the current crisis and associated risks, including:

patterns of occupation

communication issues

interactive skills

motor skills

environment

An ability to identify positive routines to support occupational engagement where a lack of routines is an exacerbating factor to the patient's current crisis and risk

An ability to identify occupations and therapeutic activity that are of interest where lack of activity is an exacerbating factor to the patient's current crisis and risk

Planning for discharge

An ability to plan for discharge by identifying barriers or facilitators to occupational activities including their ability to:

carry out domestic and personal self-care activities at home

carry out domestic chores in the local neighbourhood, such as shopping or leisure activities

An ability to develop a discharge plan focusing on areas of occupation including:

independent living skills

environmental adaptation of home

exploring future occupational options (employment, education, leisure)
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