

Use of the Model of Creative Ability and the Activity Participation Outcome Measure with Group Work for Adults with a Learning Disability



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Local Services, Local Solutions



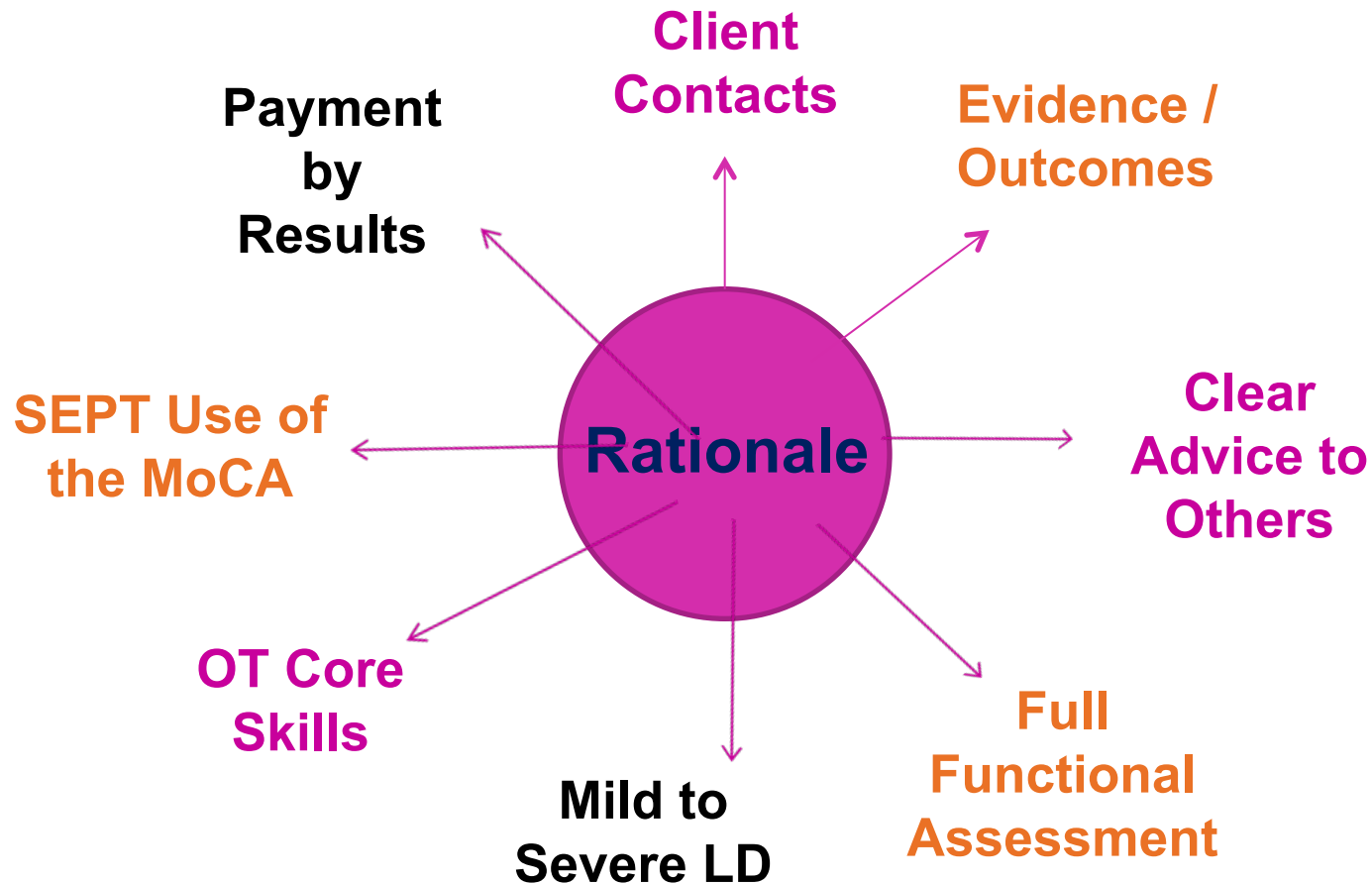
Introduction

- Overview of setting
- Past group work
- Brief Explanation of the Vona du Toit Model of Creative Ability (VdT MoCA) and Activity Participation Outcome Measure (APOM) in this setting
- Description of Craft Activity Group
- Positive Outcomes of the Group
- Challenges
- Future Plans
- Questions / Discussion

Overview of the Setting

- **Community Team for Adults with a Learning Disability:** Mild to Severe LD, complex physical needs, mental health and challenging behaviour.
- **Definition of a learning disability** - a reduced understanding of new and complex information or impairment in social functioning (Goodman et al 2009)
- **Locality:** Southend-on-Sea and Castle Point
- **Holistic Interventions:** Functional assessment, skill development, posture management and equipment and environmental adaptation. 1:1 and Group Work.
- **Referrals:** Open system
- **Staffing Levels:** Varying bands and good skill mix

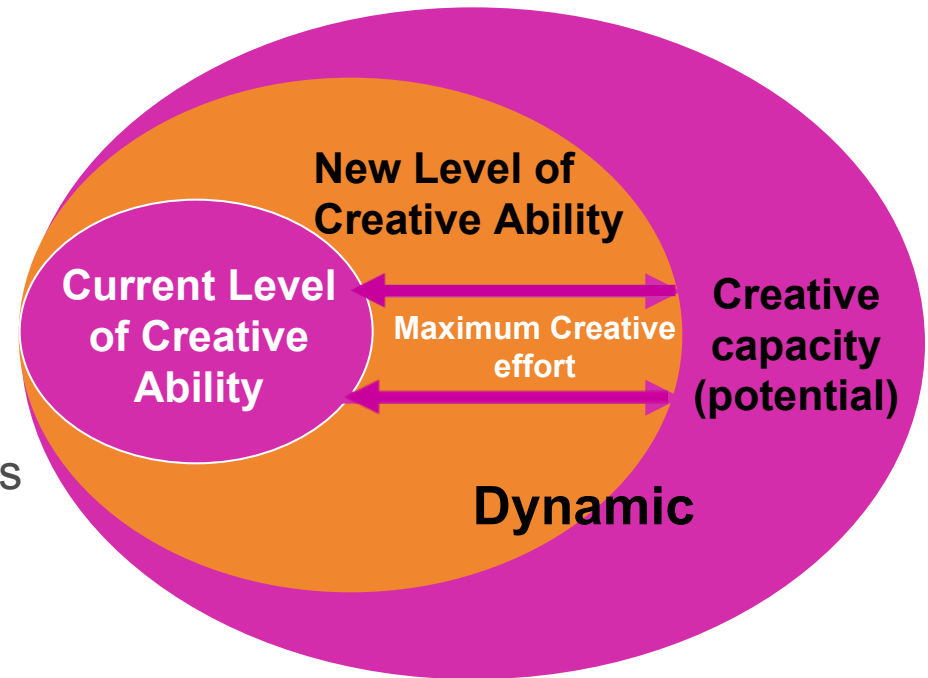
Rationale for Craft Group



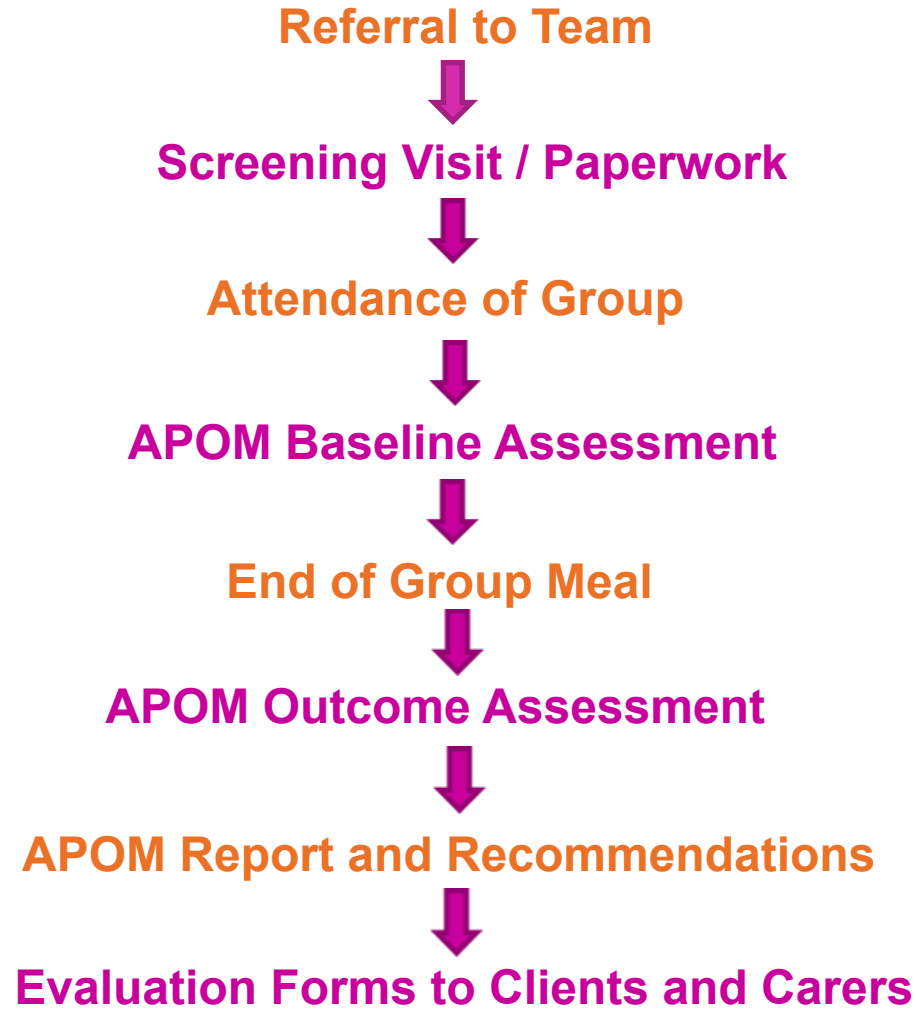
Model of Creative Ability

(Vona du Toit 1974 in Crouch & Alers, 2005)

- Adopted by SEPT
- Research (Samsonraj RS et al, 2012) - promising in measuring improvement in functioning.
- Creative capacity / potential
- Motivation governs action
- Developmental / recovery model
- 4 Occupational performance Areas
- Sequential levels of functioning
- Activity based assessment / intervention
- Grading and handling principles for 'just right challenge'



Group Process



Promotion of the Craft Group

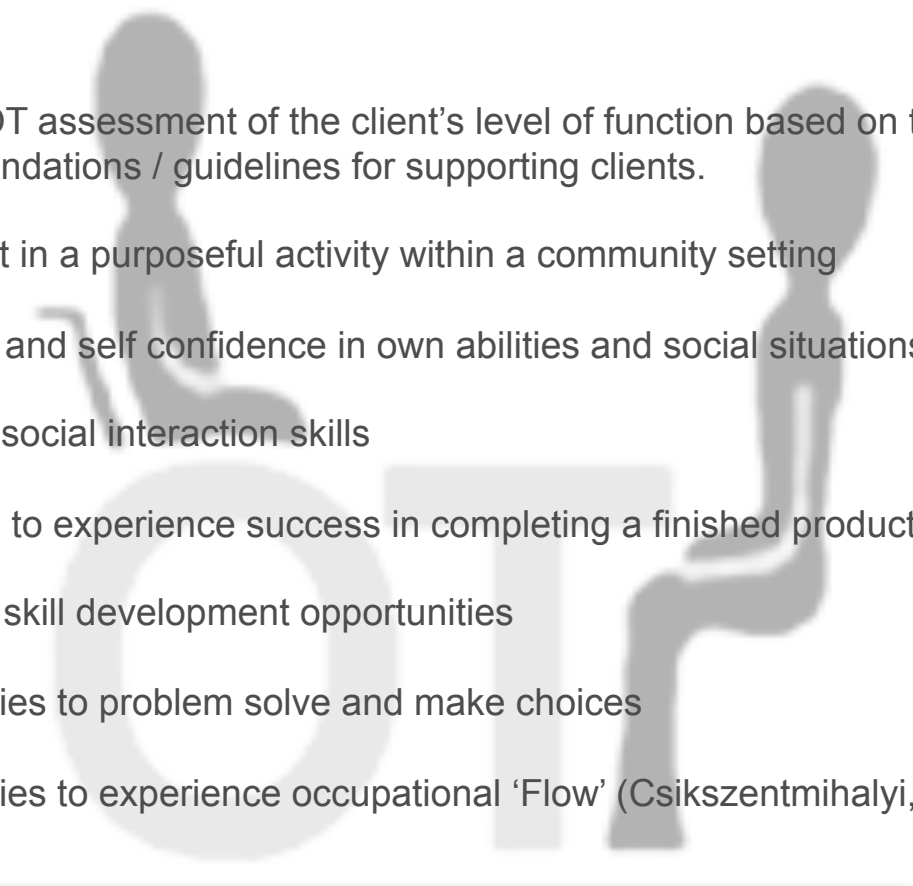
SEPTI Providing Partnership Services in Bedfordshire, Essex and Luton OCCUPATIONAL THERAPY - ADULT LEARNING DISABILITIES TEAM  OT CRAFT ACTIVITY GROUP	WHAT IS IT? A ten week group where people can try lots of different craft activities in a fun and friendly environment. General aims of the craft group:~ ◆ To provide a full functional assessment based on the Model of Creative Ability. ◆ This is a theoretical framework about an individual's functional ability. At the end of the group guidance and advice will be provided to assist those individuals supporting the person to ensure that activities they engage in are meaningful, appropriate and therapeutic. Where possible, we will attempt to sign post individuals on to suitable community based activities to promote inclusion. ◆ Each person can work towards individualised goals. 	<u>Attendance to the group can also assist to:~</u> ◆ Promote self-esteem and self confidence in own abilities and social situations. ◆ Promote engagement in purposeful activity. ◆ To assist in relaxation. ◆ To promote appropriate social interaction skills. ◆ To provide opportunities to follow simple instructions to complete a finished product. ◆ To provide functional skill development opportunities. ◆ To provide opportunities to problem solve and make choices. ◆ For individuals to experience success. ◆ To have fun! 	HOW TO ACCESS THIS GROUP? The group is free to access. Individuals may be referred to the Occupational Therapy Team by GP's, health or social care professionals, care agencies, families and individuals themselves. Please contact us if you would like more information and/or a referral form. Following receipt of the referral, the OT team will screen it to decide whether the group will be appropriate and beneficial to the individual. 
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Craft Activity Group

- 10 weeks of up to 1 ½ hour sessions with tea break
- Open to clients from Southend-on-Sea, Castle Point, Basildon and Brentwood
- Held at Community venue (central to all areas)
- Relaxed / casual environment from clients point of view
- 6-10 clients of varying levels (self differentiation – Passive participation)
- Use of the VdT MoCA to grade activities and support for individual group members to provide 'just right challenge'.
- High staff to client ratio to accommodate varying levels / support needs

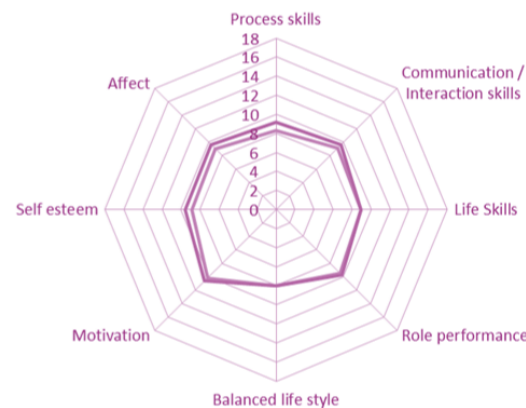
General Group Aims

Creative activities hold therapeutic value for individuals by; increasing motivation, enhancing learning, increasing satisfaction and self-esteem, enabling self-expression and facilitating projection (Creek, 2002).

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- ✓ Provide a thorough OT assessment of the client's level of function based on the VdT MoCA and provide clear recommendations / guidelines for supporting clients.
 - ✓ Promote engagement in a purposeful activity within a community setting
 - ✓ Promote self-esteem and self confidence in own abilities and social situations
 - ✓ Promote appropriate social interaction skills
 - ✓ Provide opportunities to experience success in completing a finished product
 - ✓ To provide functional skill development opportunities
 - ✓ To provide opportunities to problem solve and make choices
 - ✓ To provide opportunities to experience occupational 'Flow' (Csikszentmihalyi, 1992 in Goodman et al, 2009)
 - ✓ Assist in relaxation

Activity Participation Outcome Measure

- Tool developed by Dr Daleen Casteleijn (2012) as an outcome measure derived from the VdT MoCA.
- On-going research into the validity of the APOM. Previous studies indicate promising results
- Global assessment (8 domains)
- Provides a baseline and outcome



Craft Activities

‘To be creative is to have the ability to create, to be inventive or imaginative, to show imagination as well as routine

skill’

Peppermint
creams

(Sykes 1976 in Creek, 2002)

Painting

Bookmarks

Mosaic photo
frames

Bird box / cake

Bunting

Soap bath
bombs

Decorating a
canvas bag

Jewellery

Salt dough

Card making

Coasters

Key ring
charms

Clay pots

Notice
Boards



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Grading a Canvas Bag Activity

	Self Differentiation	Passive Participation
Environment	- Position client at end of table with additional space - Craft materials gathered and presented to client - Only items required for step of task presented at any one time e.g. bag and peel off stickers	- Table set up with easily available craft tools and materials - Client sitting amongst other group members - Client participates in choosing and gathering craft tools and materials - Example of a decorated canvas bag provided
Activity	- Allows use of basic tools / materials – e.g. stickers, fabric pens - Placement of stickers and mark making with fabric pen - Regular rest periods throughout session	- Use of tools (pen, paintbrush, scissors, needle and thread) - Planning and decision making prior to decorating bag e.g. choice of materials and design - Cutting out shapes, drawing designs, sewing buttons / ribbon.
Support	- Constant one to one support (hand on hand & verbal prompting) - Describe tools, materials and actions as you go - Simple clear command instructions. Offer limited visual choices of two decorations / colours	- Regular supervision, encouragement and verbal prompting. - Physical assistance given for unfamiliar and precision tasks e.g. precision cutting and threading needle - Praise for effort and achievements - Support to evaluate performance

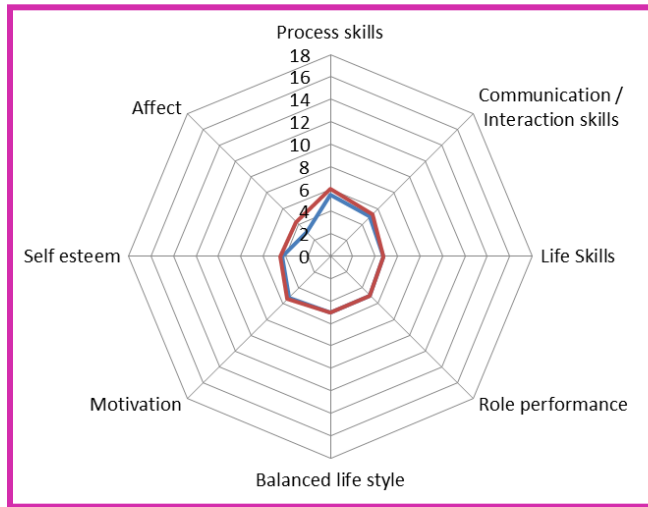


Outcomes of the Craft Group

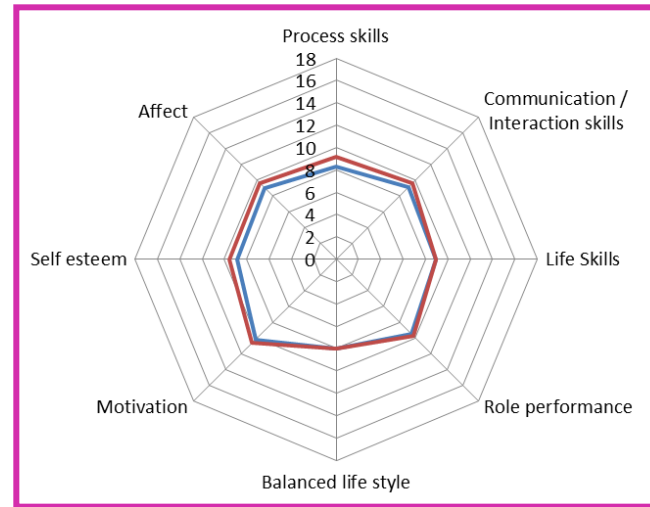
- All clients showed a positive change in their creative ability / functioning during and following attendance to the craft group
- Mixed ability levels enabled clients to support one another and respect others individuality and difference
- Positive verbal and written feedback – request for more groups
- Comprehensive reports and recommendations provided to support staff working with clients evidencing client's progress
- Out of 7 regular attendees to the most recent craft group, at least 2 clients are now regularly attending an independently run community craft group as signposted by OT
- Several attendees have attended subsequent assessment and skill development OT groups with positive effect
- Respond to service needs and increase face to face contacts
- Provide a more timely service for individuals with a variety of needs – efficient service

Outcomes of the Craft Group

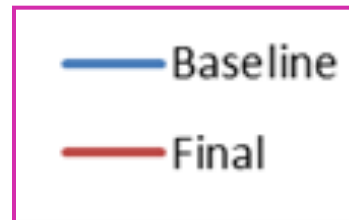
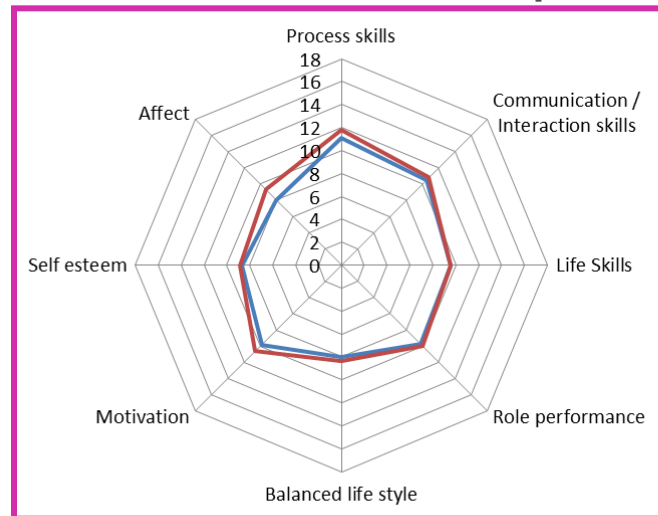
Client A - Self Differentiation



Client B- Self Presentation



Client C – Passive Participation



Outcomes of the Craft Group

Craft Group Evaluation Form

1. Did you enjoy the group? (Circle or tick your answer)

 I did not
  Not sure
  A lot ✓

2. Did you like spending time with the other people in the group? (Circle or tick your answer)

 I did not
  Not sure
  A lot ✓

3. Did the group help you to: (Circle or tick your answer)

	No	Not sure	Yes
Feel good about yourself			 ✓
Feel relaxed			 ✓
Feel more confident			 ✓
Feel proud of what you made			 ✓
Talk to other people			 ✓

4. Would you like to do any of the activities we have tried again? Please give a reason for your answer.

I ENJOYED ALL ACTIVITIES WE DID.
I LIKE MAKING THINGS AND BEING INVOLVED WITH OTHERS IN COLOURING AND COOKING NEW WAYS OF DRINK DRINKS.

5. If there was another craft group would you like to attend again? Please give a reason for your answer.

YES, I WOULD LIKE TO GO TO ANY OTHER CRAFT GROUPS IN OUR AREA.
I ENJOY BEING WITH GOOD TEACHERS AND THOSE WHO TAKE AN INTEREST IN ME AND WHAT I DO.

6. Please add any other comments about the Craft group that you or the person supporting you would like to tell us

AS MURRAY'S FATHER, IT WAS PLEASING TO SEE HOW MUCH JOE ENJOYED GOING EACH WEEK AND MAKING WITH YOU ALL. MURRAY WAS DISABLED IT CAME TO AN END, BUT MY WIFE AND HE WOULD LIKE MORE OF THIS TYPE OF ACTIVITY IN THE FUTURE. THE LEADERS OF THE CLUB MAKE IT SO INTERESTING FOR ME, AND ARE TO BE ENCOURAGED IN THEIR DESIRE TO BE INVOLVED WITH THE CLUB.

FILLED IN BY: [Signature] AFTER TALKING WITH [Signature]
I thank you for completing this form.

Southend Learning Disabilities Occupational Therapy Service.
Tel No: 01702 215770
- 9 AUG 2012
SUPPORT SERVICES DIRECTORATE
REVENUES & BENEFITS

Challenges

- Time consuming; paperwork, preparation and APOM / reports
- Descriptions can be ambiguous - need to refer to literature (Crouch & Alers). Learning is ongoing
- Language of the APOM is mental health focused
- Scattered profile with some clients
- Staffing of group
- Community Venue
- Reliant on carers to follow recommendation



Future Plans

- Continuation of the craft group
- Paper work is being refined for ease of use and to support report writing
- APOM is being applied to other OT groups
- Consider assessment session prior to group (screen / paperwork)
- Review of use of baseline / outcome for individual clients
- Seeking more feedback about the groups and use of OT recommendations
- Instigated setting up a yearly group programme
- VdT MoCA and APOM is being used for one to one intervention
- Further staff training for VdT MoCA and APOM
- Meeting with OT staff from other bases to support the setting up of further craft groups in other areas

Questions / Discussion

References

- Creek J (2002) Occupational Therapy and Mental Health third edition London: Churchill Livingstone
- Crouch R & Alers V (2005) Occupational Therapy in Psychiatry and Mental Health 4th edition London: Whurr Publishers Ltd
- Darljeen Casteleijn (2012) Development of an outcome measure for occupational therapists: Mental Health Care settings Lap Lambert Academic Publishing
- Goodman J, Hurst J & Locke C (2009) Occupational Therapy for People with Learning Disabilities: A Practical Guide USA: Churchill Livingstone Elsevier Ltd
- Samsonraj RS et al (2012) Evaluating outcomes of therapies offered by occupational therapists in adult mental health sited in Journal of Mental Health, Dec;21 (6): 531-8

Further Reading - LD

- Lillywhite A & Haines D (2010) Occupational Therapy and People with Learning Disabilities: Findings from a Research Study London: College of Occupational Therapists Specialist Section for People with Learning Disabilities
- 'Valuing People Now' (2009) White Paper
- O'Brien J (1989) Five Service Accomplishments for People with Disabilities

Contacts

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