

Intervention guidelines to improve patient's skills and abilities

Self-differentiation level

Aims

- To develop focusing of attention
- To attempt to relate to people
- To increase concepts of self, objects and the general environment (this is in preparation for more constructive engagement later on)

How to interact to get positive results

- Have total unconditional acceptance of their behaviour
- Be matter of fact and calm
- Emphasise individuality – e.g. clothing, style, height, look happy, looking smart
- Make aware of others – name them as they come in to their space
- Verbalise steps/actions – come for a walk with me, sit here next to me,
- Describe and name everything – here's a soft white towel, explain what lunch is,
- Do not ask questions, or say would you like to (this process is too difficult)

How to structure the environment

- Use familiar everyday items
- Use objects for their correct purpose
- Only have what is needed for the activity present so as not to over-stimulate or confuse
- These patients will need staff input for activities of daily living

Activity requirements

- Only expect engagement for + or - 5 minutes (this will increase as patient improves)
- Only engage in tasks which need 1-2 steps e.g., wiping side down, putting pillow case on to pillow
- Have low expectations to do 'well' or 'right' – involvement is enough
- Let the patient rest frequently, e.g., eating lunch can be tiring