

Putting the MOCAs on it

Life before MOCA

The Bracton Centre Therapies Timetable January 2010					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Gym	Gym	Gym	Gym	Greenwich market stall	
NVQ gardening	Level 1 IT training	NVQ gardening	Picture framing	Gym	
Catering work project	Brick laying	Beginners picture framing	Adult education	Picture framing	
Female gym and sports	Catering work project	Spiritual care group	Catering work project	Pottery	
Art group	Basic IT training	Catering work project	Charlton football	Market stall preparation	
Skills workshop	Art therapy group	Internet café	Creative writing	BME drop in	
Pet therapy work project	Pet therapy work project	Music studio	Pet therapy work project	Catering work project	
Therapeutic massage	Bracton Users Forum	Smoking cessation	Therapeutic music	Stretch and relax	
Book club	Basketball	Female swimming	Reasoning and rehabilitation	Pet therapy work project	
Basketball games		Football	Bracton against drugs	Swimming	
		Pet therapy work project		Creative craft	
		Bingo / 628 club			

Life after MOCA

The Bracton Centre Therapies programme					
LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Level 1 Tone		Bracton Users Forum – Open group			
Level 2 Self Differentiation	- Gym	- Gym	- Gym / 628 club	- Gym	- Gym
Level 3 Self Presentation	- Female gym and sports - Art group - Pet therapy work project - Therapeutic massage - Book club	- Fishing - Basic IT training - Art therapy group - Pet therapy work project - Basketball	- Beginners picture framing - Internet café - Pet therapy work project	- Adult education - Charlton Football project - Therapeutic music	- Market stall preparation - BME drop in - Stretch and relax - Pet therapy work project - Pottery - Creative craft
Level 4 Passive Participation	- Catering work project - Skills workshop - NVQ gardening	- Levels 1 IT training - Bricklaying - Catering work project	- NVQ gardening - Spiritual care group - Catering work project - Music studio - Football - Female swimming - Smoking cessation	- Catering work project - Picture framing - Creative writing - Reasoning and rehabilitation - Bracton against drugs	- Picture framing - Catering work project - Swimming
Level 5 Initiative Participation		Bracton Users Forum (Chair, Secretary)			Greenwich market stall (setting up working on stall)
Level 6 Active Participation and onwards	- Basketball games				

Action to date

November 2009

- OT team attended three day MOCA training

December 2009

- All OT staff across directorate received MOCA training

January 2010

- Timeline created by team to plan implementation of MOCA
- Weekly team meeting set up to discuss applying MOCA to individual cases
- OT staff introduce MOCA language in OT forums and MDT meetings
- Therapies group programme reviewed to establish how MOCA model can be applied

February 2010

- Decision to present poster at MOCA conference summarising findings from review of group programme

March 2010

- Abstract written and accepted for conference

improving lives

Findings and conclusions

- Groups offered were too broad ranging – with service users at different MOCA developmental levels attending the same sessions
- Staff were having to grade activity to meet these wide ranging needs
- Service users were inappropriately referred and accepted to some groups resulting in individual needs not being met

Implications for OT service

- Need to offer a range of activities across all MOCA levels from ward based groups to therapies programme
- Need for service users to be assessed using MOCA model to establish level of creative ability
- Need to refer service users for interventions appropriate to their individual level

The future

- Adapt group protocols to clearly represent the MOCA level of each activity on therapies programme
- Therapies timetable to represent the range of activities offered across MOCA levels
- Ongoing MOCA case reviews in OT team meetings
- Consolidate knowledge and application of MOCA across the OT service