The Just Right Challenge

Actions speak louder than words

The VdT Model of Creative Ability (MoCA) is being used by Occupational Therapists to assess an individual's skills and to guide the therapist in providing the 'Just Right Challenge'.

In learning disability services, Occupational Therapists engage clients in everyday activities to improve or maintain the skills they have and give meaning and quality to their lives.

Three typical OT referrals within learning disability services

People with profound complex cognitive and physical disabilities



May present with the following:

- Limited cognitive abilities.
- High care needs.
- Lack of community participation.
- Lack of suitable activities.

People who challenge services



May present with the following:

- Isolation and exclusion.
- Verbal and physical aggression toward self and others.
- Lack of meaningful activity.

People who want to develop their skills and live more independently



May present with the following:

- Low self-esteem.
- Lack of independent abilities.
- Limited social opportunities.
- Overly dependent on others.

Occupational
Therapy
assessment
using the
MoCA

Self-presentation









SIncrease the person's self-esteem and develop their skills in the following areas:

- Basic tool handling.
- Social awareness and communication.
- Task concept and engagement.

Self-differentiation



- Increase understanding of self and others and their environment.
- Improve focusing of attention.
- Become involved in activities.
- Encourage appropriate interactions.

Tone









- Develop response to sensory stimuli, such as smell, touch, taste, sound, vision and movement.
- Develop focusing of attention.
- Develop awareness of people, objects and materials.

