

Intervention guidelines to improve patient's skills and abilities

Self-presentation level

Aims

- To improve the ability to initiate and maintain effort to complete a task
- To improve processing skills to help work through a task
- To develop concepts of themselves, objects and materials (to make the end result a success)
- To improve self-esteem and decrease anxiety
- To improve social awareness, communication and behaviour in social situations
- To experience fun and enjoyment

How to interact to get positive results

- Be really interested in what they are telling you, give them your attention
- Be enthusiastic and encouraging
- Give recognition for effort
- Help them interpret cues – what's going on as interpreting social situations is too difficult
- Clearly indicate expected behaviour but in a positive manner, 'Let's try and talk quietly'
- Remain calm and do not raise your voice
- Make aware of the social norms – don't always expect compliance with these

How to structure the environment

- Create a well-structured and consistent routine
- Routine must be organised and predictable
- Use a wider range of tools and materials to allow for exploration (this helps develop self-concept)
- Don't expect individuals to be able to plan and organise themselves, they will need support
- Help patients get ready and prepared for sessions as they will struggle to do this themselves
- Help patients initiate daily living tasks and check frequently as they will not be able to sustain effort

Activity requirements

- Only expect engagement for between 20-45 minutes (maximum)
- Have very little competitive elements to activities – activities need to be a success to ensure continued engagement
- May be able to manage very structured small groups