

Using the VdTMoCA to Support Patients to Contribute to the Planning and Implementation of Project Based Therapeutic Activity

Sandford Ward – Older Adult Acute Mental Health Ward, Oxford Health NHS Foundation Trust

Project description:

The projects are for Older Adult Males on an Inpatient Mental Health Ward who are on the Passive Participation or Imitative Participation levels of creative ability. The aim of the projects are to raise funds for future therapeutic activities that they and peers will enjoy and benefit from.



Fig.1: Poster design by group participant

These projects can help individuals to focus on their Personal Management and Work Ability as they are important occupational performance areas we aim to improve for a discharge home and when continuing their recovery in the community. Whilst working within a team an individual may develop or regain skills such as decision making and problem-solving when planning and implementing the project.



Fig.2: Completed Chutney project



Fig.3: Plant Sale with home-made wheelbarrow for display

Group aims:

Through using the VdTMoCA the aim is to give service users the chance to use past knowledge and experiences to re-establish their skills and Social Ability through working together with peers to undertake an assigned project.

Through participating in the project our aims for the individuals are:

- Allowing participants to successfully lead on a project of their choosing to increase self-esteem, assertiveness and to gain a sense of achievement.
- Encouraging co-operative working – improving social skills, decision making and compromise.
- Maybe sparking an interest in volunteering once discharged.
- To improve Personal Management eg: planning a shopping list when working from a budget.
- Re-introduce and/or improve community skills by going shopping.

Once the projects are completed we have noticed an incentive to attend and help with the activities they helped to fund.



Fig.4: Poster designed by two patients on the Passive Participation level

Project plan:

Session 1 – Introduction; brief and preliminary planning of project

Session 2 – Create a shopping list using the given budget

Sessions 3 - Making of items to be sold

Sessions 4 - Design advertising posters, labels etc...

Sessions 5 - Set up of sale items in unit reception

Past Projects have included:

- Chutney
- Piccalilli
- Plant sale
- Keyrings
- Marmalade
- Crab-apple jelly
- Cranberry sauce



Fig.5: Artwork by patient on the Imitative Participation level

Quotes from patients:

“I really enjoyed helping with the project”

“It was good I could use my gardening skills to help”

“I’m so pleased that we raised enough money for the fireworks party”

“I liked getting to know my peers better and building friendships. We have arranged to meet for a coffee once we are discharged”

Sandra Diesel
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