

THE ROLE OF OCCUPATIONAL THERAPISTS IN MENTAL HEALTH CARE

With the call for deinstitutionalization of individuals with mental illness, which culminated in the Community Mental Health Act, occupational therapists and.

You will tend to see Occupational Therapists doing activities with people. This is a useful mind-set to take into all aspects of health services, as it keeps us focusing on people as individuals rather than clusters and diagnoses. If you ever get the chance to experience working in this way you should snap it up. Brown, C. Occupational therapy is a profession vital to helping individuals with mental illness develop the skills needed to live life to its fullest. Safety: Occupational therapy interventions include self-care, accessing services and supports, and preventing victimization through healthy and meaningful daily activity. Thank you, , for signing up. Low socioeconomic status: Occupational therapy interventions address educational, prevocational, and vocational performance. This generally results in a significantly higher quality of life for the client, as well as the organisation saving hundreds of thousands of pounds. The purpose of this blog is to identify the role of occupational therapy in the mental health setting and to highlight the plethora of evidence-based approaches with children and adolescents. We can adapt the environment so that there are more opportunities for achieving a sense of reward and accomplishment. Please try again. Keir provides Training, Consultancy and Therapy around people with complex mental health problems via BeamConsultancy. I hope that gives you an idea of what all the OTs in the Psychiatric inpatient Wards, Community Teams and all the specialisms in between are doing. This material may be copied and distributed for personal or educational uses without written consent. It might look like we are just doing things that are fun. Having said that, it might be what I think OTs should do in mental health. Happy OT Week, now go tell a colleague what we do. For all other uses, contact copyright aota. If an Occupational Therapist comes across someone with depression, the drive to do what they want and need to do will have plummeted. Keir Harding I get asked this question a lot. Email Address There was an error. An Occupational Therapist might identify the priorities of what the client wants and needs to do and establish what gets in the way. I see many OTs choosing to spend time teaching clients to make curry, going to the supermarket to buy healthy things and making sure they wash their hands enough times in the therapeutic kitchen. OTs would again look at what the client wants and needs to do and what gets in the way. Sensory rooms are places where individuals can go to feel safe. We can also support our colleagues by letting them know how their interventions affect the clients functioning. Such interventions can be found in the areas of education, work, skills training, health and wellness, and cognitive remediation and adaptation. Occupational therapy practice guidelines for adults with serious mental illness. Anyway, enough of what other OTs do. They will tend to isolate themselves, thus missing out on the things that give them a sense of accomplishment from what needs to be done and a sense of pleasure from what they want to do. Sensory strategies may prove effective for people who may not be at a state to benefit from talk therapies. Specifically, occupational therapy within the setting of child and adolescent mental health focuses on those underlying physiological influences and teaching patients to identify and utilize self-regulation strategies in order for patients to get back to participating in meaningful occupations such as going to school, being with friends, and participating within the family system AOTA, a. My favourite way of offering therapy to people is via a therapeutic community. The rooms often have tools to help de-escalate and relax. OTs can bring much into debates about healthcare and because we are a relatively small group, we need to shout a bit louder about what we do and ensure that what we do is useful. I wanted to get in and help people with lifetime issues make changes over the long term. It might be the building of social skills, or exposure to something that is disproportionately feared. In a mental health setting, you may find an OT addressing general strengthening, adjusting wheelchairs, recommending adaptive equipment, or any other task that is within the scope of occupational therapy. As the medication for schizophrenia can cause side effects some feel are worse than the condition itself, we would be closely looking at how other treatments affect function. Sensory Rooms OTs are part of a larger movement to create sensory rooms on mental health units. This observation and assessment of changes in how the client is able to function can be useful to everyone involved.