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Living skills facilitate participation. A program of living skills for persons with severe mental illness: connecting EBP building blocks into a coherent program.

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Introduction

"There is a large need of adult persons with severe mental illnesses, diagnosed with schizophrenia, to live as independent as possible, in qualitative good housing and in an inclusive neighbourhood. Limitations need to be completed with proper homeservices. This can result to less problematic behaviour, better social functioning and an increase of satisfaction." (Dutch guidelines schizophrenia 2005). From the perspective of recovery clients state that good housing and being able to live there satisfactory is a base for further personal development and participation.

There is a lack of knowledge what type of housing, what kind of support and what kind of homeservice is needed for individuals. Also there is little knowledge available of effective interventions increasing satisfying living.

Objectives

This presentation will describe available evidence based building blocks and the gaps in designing a coherent program for satisfying living for adults with severe mental illness.

Description

Describing the process of collecting building blocks needed to design a program for satisfying living for adults with severe mental illness. Assessment, training, advice, support and collaboration will be part of such a program. Information is gathered through literature searches, research, interviews with clients and relatives, collaboration with experienced occupational therapists, collaboration with the Dutch Liberman Foundation and interviews with stakeholders in mental health institutions and the community.

In presenting the program, we will show the structure of the program with the building blocks and some gaps. Important conditions to carry out the program are collaboration with the client and important stakeholders, the attitude of the involved caretakers and environmental requirements.

Conclusion

There is much evidence based information of blocks needed for a coherent program. The program has to be flexible in order to deliver tailor made services.

Contribution to practice/evidence base of occupational therapy

As everyday life and living independently is one of the pillars of occupational therapy, it is just important that we invest in describing and offering coherent interventions and programs in collaboration with clients and stakeholders to enhance participation and support recovery.