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A home- and community-based intervention project for people with severe psychiatric disability: client centred outcome

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Introduction: People with severe psychiatric disability are at risk for occupational deprivation and social exclusion. We used the Occupational Therapy Intervention Process Model (OTIPM) to help individuals identify their specific needs of engagement in meaningful occupation and participation.

Objectives: This study aimed to examine the client outcomes from participating in interventions guided by OTIPM.

Methods: 17 clients (7 women) between 28 and 68 years old took part in the intervention project based upon the OTIPM in supported housing. OTIPM is a guide to facilitate occupational therapists to work client-, occupation- and reality-based throughout the whole intervention process. The following instruments were administered before and after the intervention and at a 6-month follow-up: Assessment of Motor and Process Skills, Evaluation of Social Interaction, Activities of Daily Living taxonomy with an effort-scale, Satisfaction of Daily Occupations, Symptom Check List-90-R and Self-rated participation. Goal Attainment Scale was also used to evaluate the intervention.

Results: The results show positive changes in occupational performance, activity level, satisfaction with daily occupations, effort and independence in activities of daily living and reduced symptoms of psychopathology. The goal attainment also shows a positive outcome based on the clients' prioritized goals.

Conclusion: The interventions based on the model OTIPM seems beneficial in guiding this group to choose a positive lifestyle where they engage in meaningful occupations and participate more in society.

Contribution to the practice/evidence base of occupational therapy: Implementation of evidence based interventions of occupational therapy is essential but rare for people with psychiatric disability. OTIPM is based on several principles with scientific support. However, it has not been evaluated in social psychiatry previously, and thus this pilot-study is important both to practice and further studies. There is a need for a RCT-designed study with larger populations and control group to confirm the effects of the intervention.