Transforming Healthcare for Homeless People: The Value of Occupational Therapy

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KHP Pathway Homeless Team
Session outline

• KHP Pathway Homeless Teams
• What is Occupational Therapy?
• Why OTs?
• Experience of establishing roles
• Case studies
KHP Pathway Homeless Teams

- King’s Health Partners (KHP) include 3 hospital trusts in South London: KCH, GSTT and SLaM
- Across Acute and Mental Health care
- KHP Pathway Homeless Teams since 2014 at KCH & GSTT and 2015 in SLaM

- Teams made up of:
  - GPs, Nurses, Occupational Therapist, Social Worker, Mental Health Practitioners, Housing workers (from 3 housing charities) and a Peer Advocate (from Groundswell)
What is Occupational Therapy?

Yes, I have a ball pit, a swing, and shaving cream in my office. Yes, I play all day. Yes, I have the coolest job. I’m an Occupational Therapist.
What is Occupational Therapy?

‘the use of particular activities as an aid to recuperation from physical or mental illness’
(Oxford Dictionary)

‘Occupational therapy is a client-centred health profession concerned with promoting health and well being through occupation. The primary goal of occupational therapy is to enable people to participate in the activities of everyday life. Occupational therapists achieve this outcome by working with people and communities to enhance their ability to engage in the occupations they want to, need to, or are expected to do, or by modifying the occupation or the environment to better support their occupational engagement.’ (WFOT 2012)

‘Occupational therapy aims to improve your ability to do everyday tasks if you're having difficulties.’ (www.nhs.uk)

‘Occupational therapists work with adults and children of all ages with a wide range of conditions; most commonly those who have difficulties due to a mental health illness, physical or learning disabilities. They can work in a variety of settings including health organisations, social care services, housing, education, voluntary organisations or as independent practitioners.’ (RCOT)

https://www.rcot.co.uk/about-occupational-therapy/what-is-occupational-therapy
What is Occupational Therapy?

Places you might see an OT

- Child and Adolescent Mental Health
- Adult Mental Health
- Old Age Psychiatry
- Alcohol and Addiction Services
- Neurology
- Stroke Rehab
- Brain Injury Rehab
- Hand Therapy and Rehab
- Older Persons Healthcare
- Paediatric Healthcare
- Learning Disability
- Palliative Care and Oncology
- Orthopaedics
- Musculoskeletal Disorder
- Rheumatology
- Pain Management
- Housing Adaptations
- Specialist seating
- Ergonomics
- Vocational Rehabilitation
- Acute Hospital Healthcare
- Nursing Home and Residential Care
- Primary and Community Care
- Private Healthcare
- Schools and Universities
- Healthcare Management
- Supported Housing
What is Occupational Therapy?

**OSCAR, HOW DID YOU END UP LIVING IN A GARBAGE CAN ANYWAYS?**

**NO ONE LISTENED TO MY OCCUPATIONAL THERAPIST’S RECOMMENDATION FOR APPROPRIATE DISCHARGE LOCATION**
Health Issues

- Tri-morbidity
- Early Aging
- Late diagnosis and treatment
- Capacity issues
- Risk of Falls

- Substance misuse
- Brain injury
- BBV
- Amputees
- Respiratory illness

- Liver disease
- Cardiac problems
- Cognitive Impairment
- Epilepsy/Fits
- Psychosis

- Depression
- Suicidality
- Personality Disorder
- Learning disability
- Unspecified Mental health difficulties

- Cancer
- Dental issues
Social Issues

- Homeless patients
  - Stigma
  - Difficulty accessing healthcare
  - Social exclusion
  - Recurring patterns of behaviour
  - No ID or documents
  - Transient population
  - Financial problems
  - Lack of privacy
  - NRPF
  - Poor Life Skills
  - Poor communication
  - Financial problems
Why OTs?

- Physiological
- Cognitive
- PERSON (Intrinsic Factors)
  - Spiritual
  - Neurobehavioural
  - Psychological

- Social support
- Social & economic systems
- ENVIRONMENT (Extrinsic Factors)
  - Cultural Values
  - Built environment & Technology
  - Natural environment

Lack of structured occupation

- Unstable living Environment
- Disempowerment
- Stigma
- Lack of control
- Lack of Privacy
- Lack of resources

- Tri-morbidity
- Trauma
- Loneliness
- Loss of skills
- Loss of roles
- Loss/change of Identity

WELLBEING

QUALITY OF LIFE

(Christiansen et al., 2005), (Chard et al, 2009; Illman et at 2013), (Grandisson et al, 2009)
Why OTs?

Training across physical and mental health

Skill / role development

Rapport building – client centred practice

Creative use of occupation – enabling

OCCUPATION

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(Intrinsic Factors)

Physiological
Cognitive
Spiritual
Neurobehavioural
Psychological

OCCUPATIONAL PERFORMANCE & PARTICIPATION

ENVIRONMENT
(Extrinsic Factors)

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WELLBEING

Transferable skills
Versatility/adaptable
Outcomes orientated

QUALITY OF LIFE

Understanding impact of environment

Advocacy

Empowerment

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Experience of establishing our roles

OT role in MDT

- Allocation of case load
- OT ax (appro, added value)
- Using specific OT skills – (Joint working)
- Establishing working interface with wards/ward based OT’s
Experience of establishing our roles

Maintaining OT identity in generic role

• Setting up service – OT focus in team initial assessment
• Writing housing support letters with OT focus
• Providing training to OTs within Trust
• Peer Support
• Establishing an OT Network – national interest
Experience of establishing our roles

Transitional work

• Discharge doesn’t mean resolved
• Linking in
• New challenges
• 10 day post-discharge
Case study

Background:
Rough sleeper – Evicted from flat
No GP
No benefits

Health:
Multiple Physical health
Cognitive impairment (Suffered an RTA)

Discharge outcome:
Nursing home

Challenges:
Advocacy
Safe discharge
Interface of working with ward OT’s

OT assessments and interventions:
• MoCA (Montreal Cognitive Assessment)
• Assessment of functioning

Patient goals:
• Having somewhere safe to live and support
• Engaging in music
• Employment (customer service)
Lorna’s story


References


• Stop the Scandal, St Mungo’s. Available at: [http://www.mungos.org/documents/7021/7021.pdf](http://www.mungos.org/documents/7021/7021.pdf) (Accessed 12/01/17)


References


Any Questions?

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