

Title	Activities For Life - Psychiatric Rehabilitation
Abstract	<p>In mental health services, occupational therapists often work with people, whose problems are complicated by non-response to medication, substance misuse, challenging behaviours and "negative" symptoms, low motivation and difficulties engaging in meaningful activities and daily routines (Mayers 2000). This may result in long stays in psychiatric rehabilitation units, forensic care or similar services, with variable outcomes and at considerable cost to the NHS (Killaspy et al 2005). Very little research has been carried out to improve these services.</p> <p>Methods: This consultation workshop invites participants to share and debate innovatory approaches to engaging this client group in activities that promote their autonomy and moving on to community living. We will explore the barriers and enablers experienced by service users, unqualified staff and professionals in these settings. Practical and creative exercises will be used to generate productive ways forward.</p> <p>Results for staff and service users: As well as benefitting participants in their future practice, this workshop provides an opportunity for practitioners to get directly involved in the development of an occupation focussed intervention which will be evaluated in a multisite RCT, as part of the programme of research: Rehabilitation Effectiveness for Activities for Life (REAL). www.ucl.ac.uk/REAL-Study The overall aim is to better engage service users in occupations of their choice, especially people with low levels of activity.</p> <p>Implications for Occupational Therapy: OTs have a major contribution to make to psychiatric rehabilitation with our emphasis on the interrelationship between the person, occupation and environment (Law et al 1996).</p> <p>Ethics: NRES approval ref: 09/H1102/45</p> <p>Killaspy H, Harden C, Holloway F, King M (2005) What do mental health rehabilitation services do and what are they for? A national survey in England. <i>Journal of Mental Health</i>, 14(2),157-165. Mayers C (2000) Quality of life: Priorities for people with enduring mental health problems. <i>British Journal of Occupational Therapy</i>, 63(12), 591-597. McCull MA, Law M, Stewart D, Doubt L (2003) <i>Theoretical Basis of Occupational Therapy</i>. 2nd Ed. Thorofare NJ: Slack Incorporated.</p>