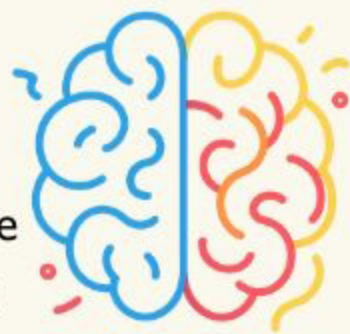


CARE, COMPLEXITY AND CREATIVITY IN COMMUNITY OCCUPATIONAL THERAPY LED INTERVENTIONS.

INTRODUCTION



Occupational Therapy in neuropsychiatry helps patients with cognitive impairment take part in meaningful community activities. People with neuropsychiatric conditions face complex barriers to community engagement. Our interventions focus on person-centred care, risk management, and adapting environments to enable safe, meaningful participation. At Cygnet Grange and Cygnet Brunel, patients take part in varied community activities that build skills, confidence, social connections, and quality of life. Two case studies show our assessment, planning, and intervention process, highlighting how occupational therapy helps people with neuropsychiatric needs thrive beyond the clinic.

PERSON 1

Jason, a Cygnet Grange patient, had multiple strokes in 2023, causing right-sided hemiplegia and global aphasia. He now uses a powered wheelchair and has communication difficulties. Formerly an IT project manager, Jason wanted to return to university. Occupational therapy supported him to join a local IT course, using a step-by-step plan to rebuild skills and work toward his long-term goal.

PERSON 2

Kris, a Cygnet Brunel patient, suffered a traumatic brain injury in 1996. He is a creative gentleman and has been involved with supported living services since his brain injury. Kris was admitted to Brunel in September '25 for further rehab to support with impulsivity and self-monitoring behaviours.

OCCUPATION 1

Jason has strengths in familiar community settings but struggles in new places, especially with orientation, communication, planning, and public transport. He uses a powered wheelchair, so all activities must be accessible. The IT course venue has some accessibility features, but there are still barriers, requiring OT support for safe participation.

OCCUPATION 2

Kris previously attended a litter picking community project in his previous setting. Kris identified that this was something meaningful to him and that he enjoyed giving back to the community. OT purchased litter picking equipment and completed a risk assessment of the environments that he would be accessing.

ENVIRONMENT 1

Jason lost his job after the stroke, impacting his identity. Joining the IT course is meaningful and helps him rebuild skills, confidence, and purpose. He has progressed with digital skills, though aphasia makes typing hard. Extra OT sessions support this. The intervention has improved his community skills and self-efficacy.



ENVIRONMENT 2

Kris tends to the same environment weekly and enjoys seeing the benefits that it has to the land, with visibly less litter each week. Kris enjoys feedback from the locals, highlighting what a great job he is doing. Kris requires support to remain safe in the environment due to uneven surfaces and hillsides. Kris is looking forward to facilitating further sessions with other service users and contributing back to the community.



KEY OUTCOMES FOR PATIENTS

- Key outcomes for neuro: performance skills (physical and cognitive), FIMFAM (community mobility), MOHOST (motivation for occupation and pattern of occupation) scores increase.
- skill development: occupation as a means to an end
- social inclusion
- facilitation of occupational roles and identity
- enhances routine
- sleep hygiene
- sense of giving back to the community
- hope for future
- sense of achievement/ pride



PATIENT FEEDBACK

“The course is much better because even if I can’t do it, they all help me together. I haven’t got everything I need onsite so it’s much better going there. It’s important for me to keep going. I do enjoy it because I feel more connected with that part of myself. I might never get back to what I was but I’m trying as much as I can”.

“I really enjoy giving back to the community. It’s all about community, man. I used to really enjoy doing this back in my old place. It gives me massive satisfaction and feels good to be part of something important to me and other people”.



AUTHORS

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