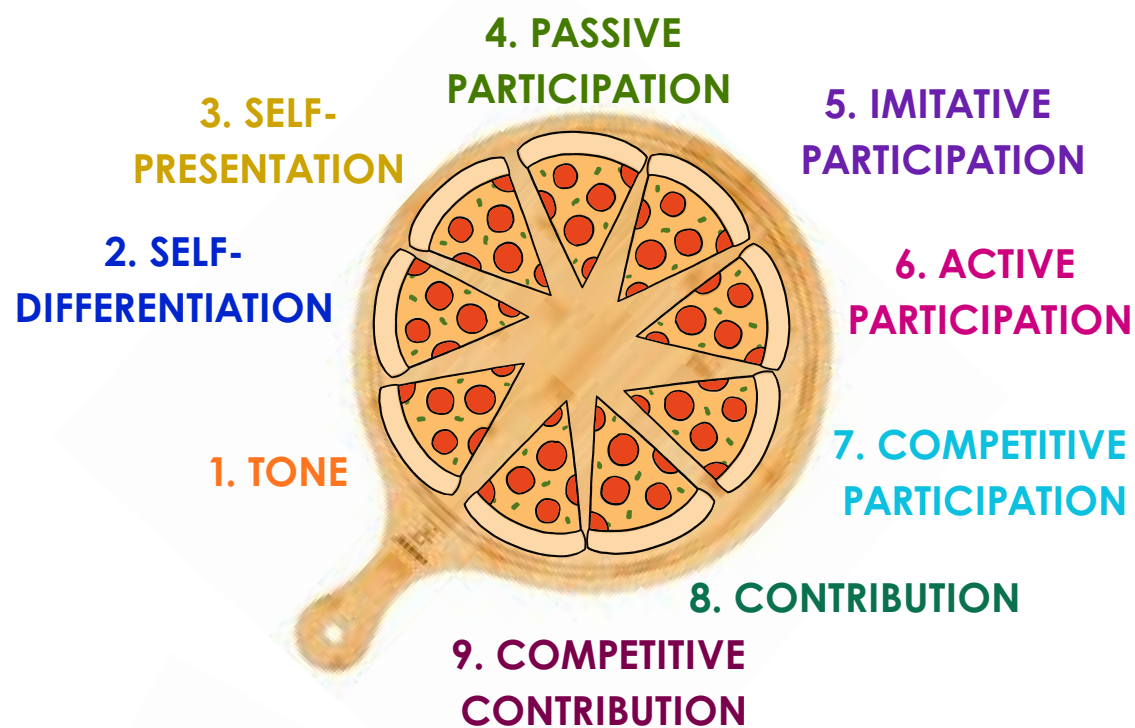




The Pizza Pathway to Independence



Grading pizza-making across 4 levels of the VdTMoCA

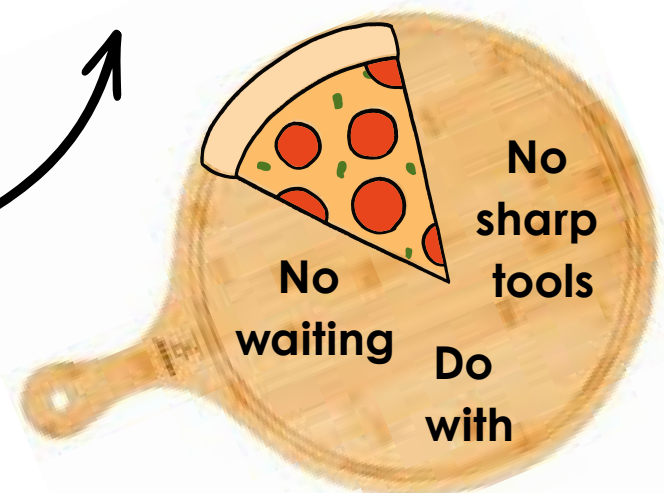


The VdTMoCA outlines nine sequential levels of creative ability, each reflecting an individual's volition, motivation, and action. The first five levels are most commonly seen in mental health services. This poster highlights four — from Tone to Passive Participation — demonstrating how a single everyday task like pizza-making can be meaningfully graded. At Imitative Participation, individuals are presumed able to live in accordance with societal norms and manage everyday life independently.

(De Witt, 2014; Van der Reyden et al., 2019)

2. SELF-DIFFERENTIATION

Sensory Focus 1-2 steps



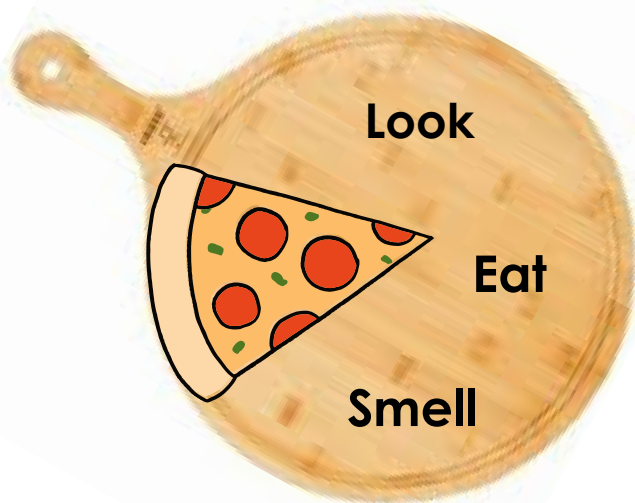
Goal: Increase focus of attention on pizza (object) and the therapist to facilitate engagement.

Task: Grind dried oregano as a destructive or incidentally constructive action. Sprinkle oregano over the pre-cooked warm pizza slices and eat.

OT Support: OT sets up mortar and pestle with oregano (to use light, wooden tool) and prompt grinding (hand over hand if needed). Maintains control over volume of resources. Works to maintain patient interest. Provide a small variety of cooked pizza slices after oregano has been ground - allow to cool a little before presenting. Prompt discussion on flavour and texture.

1. TONE

Therapist Facilitated



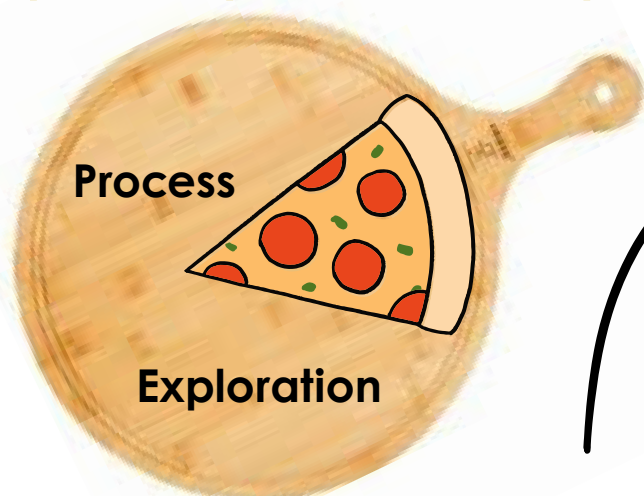
Goal: Satisfy the feeling of hunger

Task: Eat pizza!

OT Support: Increase awareness of self and others. Name pizza and act of eating

3. SELF-PRESENTATION

Exploratory Focus 3-5 steps



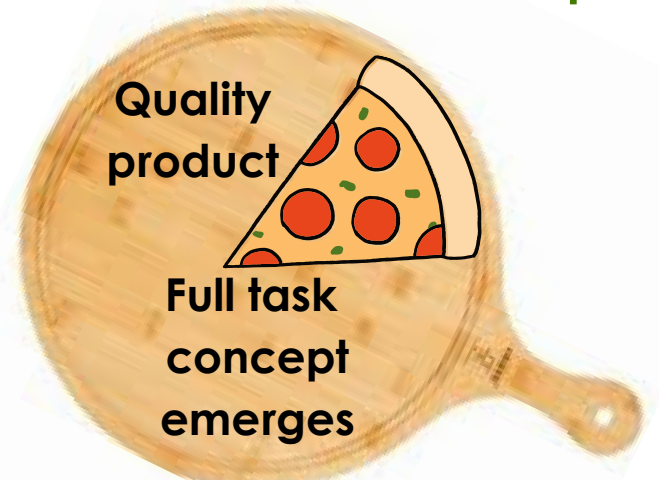
Goal: To encourage authentic choice and "showing" self through exploration of materials.

Task: Use the set provision of toppings to assemble a pizza. Explore and handle toppings to create a design of own choice.

OT Support: Provide a limited number / volume of toppings. Full control of oven and timings to support with process completion. Encourage exploration, prompt by saying 'what would you like to try next?' & 'what would happen if you put this topping on/if you fold the pizza?'. Clean up **with** after session as full task concept is not formed.

4. PASSIVE PARTICIPATION

Product Focus 5-7 steps



Goal: To take ownership of the entire process and demonstrate safe "trial and error."

Task: Pre-make the dough to practice 'delayed gratification'. Make the pizza from start to finish with a focus on the finished quality. Manage own time and assess whether product is ready (cooked and presented)

OT Support: Provide an example picture for the dough. Prompt with open ended questions such as 'how will you know when the pizza is cooked'. Encourage task initiation & norm compliance. Provide lots of re-assurance to counter new found hesitance as they become aware of how they perform compared to others.