

# **Older Adult Therapeutic Service**

Presented by: Gemma Lockley- OATS Clinical Lead Fiona Jones- OATS Clinical Nurse Specialist



### **Community Therapy service provision**

### prior to OATS launch

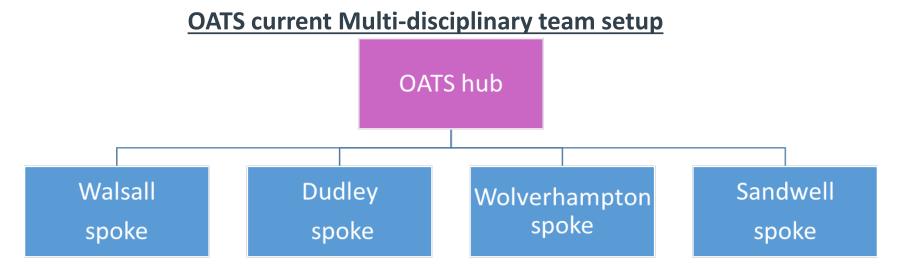


Community transformation programme brought together the above existing services and on 16<sup>th</sup> May, 2022:

Older Adult Therapeutic Service (OATS) launched. Specialist Service- recovery and therapies

Black Country wide- Dudley, Sandwell, Walsall and Wolverhampton





#### **OATS Hub (Blakenall Village Centre):**

- Team Manager x1
- Clinical Lead x1
- Assistant Psychologist x2 (work across 4 localities)
- Administration Officer x3

#### Locality spoke:

- Nurse Specialist x1
- Senior Occupational Therapist (OT) x1
- OATS Nurse/ OT x1
- Therapy Assistants
- Peer Support Co-Ordinator

# Black Country Healthcare Current referral pathway into OATS NHS Foundation Trust

# Organic:

- MAS
- ECMHTOA
- Locality Dementia Services
- Admiral Nurses

## Psychology input (START/ co facilitated psychology group):

- MAS and ECMHTOA psychology
- OATS

## **Functional**:

• ECMHTOA (client must remain open for OATS to assess and engage with the referred person)

### **Peer Support:**

• OATS staff only following assessment and/or interventions.

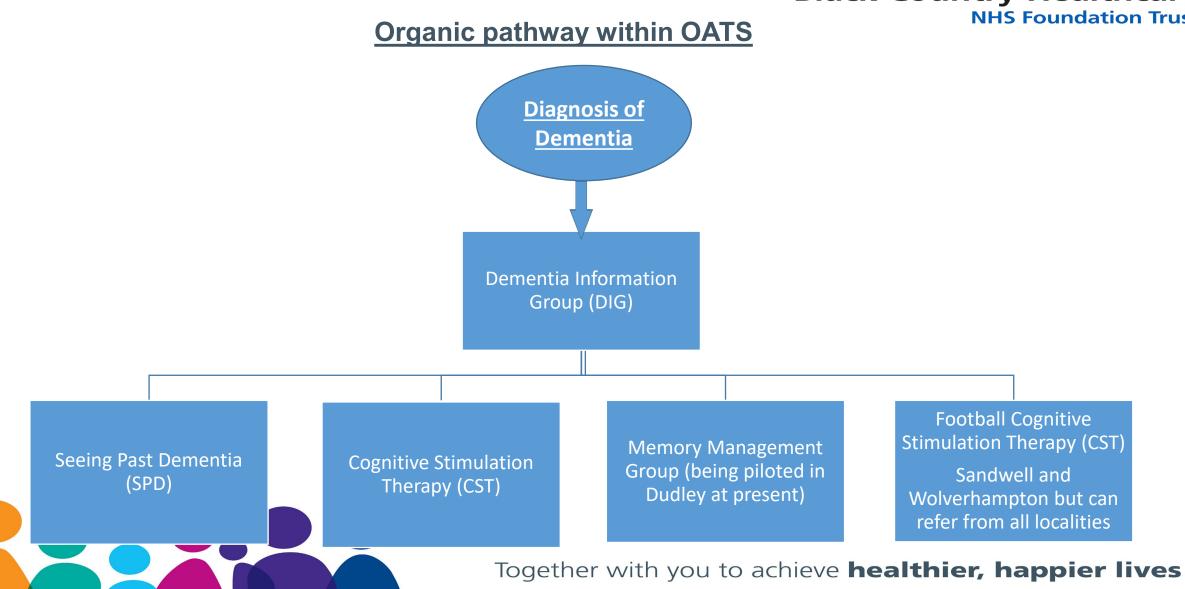
Together with you

### Area's where groups are currently provided

- West Bromwich Community Centre
- Farley Park Community Centre
- Haden Cross Fire Station
- Moxley People's Centre Charity
- Birmingham County FA- Ray Hall Lane
- We are currently exploring additional venues within Oldbury/ Smethwick and additional venues in West Bromwich







### **Organic groups currently provided**

#### **Dementia Information Group (DIG):**

4 sessions of information for the person with Dementia. Sessions include:

- What is Dementia?
- Managing Emotions and Impact of Diagnosis
- Living Well With Dementia
- Community Support

#### Seeing Past Dementia (SPD):

8 sessions focusing on acceptance of diagnosis. Discussion group that incorporates:

Peer support

Q and A

Seeing past a persons diagnosis/ highlighting their strengths and identity.



#### **Cognitive Stimulation Therapy (CST):**

14 sessions, recommended by NICE guidance and identified as a core standard within MSNAP framework.

Uses activities/ discussion within a structured format, evidence shows it can improve mood and cognition.

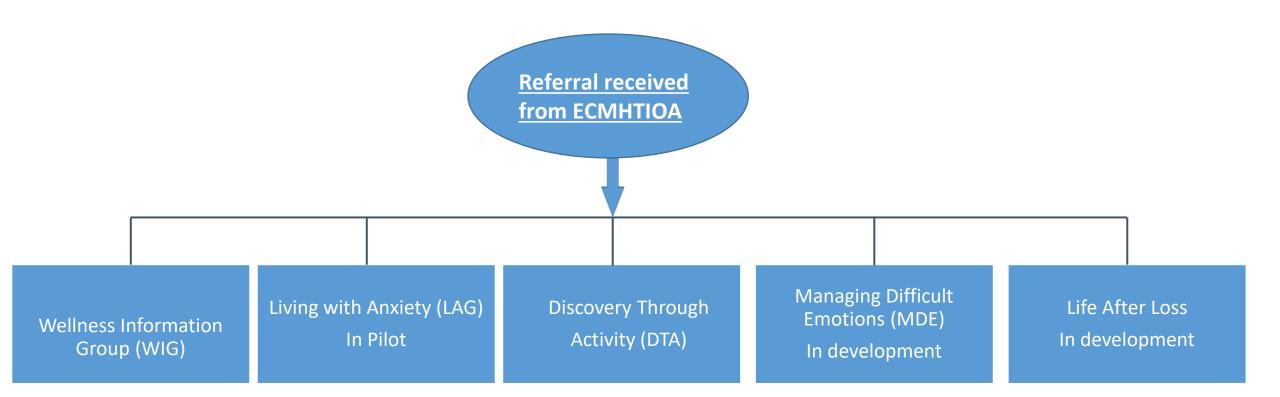
#### **Sports Cognitive Stimulation Therapy:**

14 sessions as above but sports themed

Currently running in:

- Wolverhampton (at Molineuex)
- Sandwell (County FA)

# **Functional pathway within OATS**





### **Functional groups currently provided**

#### Wellness Information Group:

5 sessions based on Compassion Focused Therapy. Helps people to understand the purpose of emotions and introduce emotional regulation. To identify ways to regulate own emotions.

#### Living with Anxiety:

8 session group to understand Anxiety and develop strategies which aid in managing anxiety.

#### **Managing Difficult Emotions (Pilot):**

6 sessions of education to understand and identify difficult emotions. Supports them to develop skills to cope with difficult emotions to reduce likelihood of impulsivity.

#### **Discovery Through Activity:**

10 sessions with Occupational Therapy lead. Helps people to identify and explore benefits of various occupational activities to improve mood and confidence. This will be done through psychoeducational and physical activity



## **Groups currently in pilot phase**

### **Organic Pathway:**

Memory Management Group: Designed around principles of Cognitive Rehabilitation Therapy (currently Dudley only)

Punjabi Cognitive Stimulation Therapy: Currently exploring joint provision with third sector organisations

#### Music Appreciation Group



#### **Functional Pathway:**

Life After Loss

Managing Difficult Emotions

### Qualitative data- selection of anonymous feedback from groups and SED forms returned to OATS

#### DIG

" Lots of useful information and the staff know their stuff" " Enjoyed the refreshments "

#### <u>DTA</u>

"I really enjoyed the session today, talking with different people was nice and hearing all the different interests"

"I started walking, I wouldn't have done that otherwise."

#### **Football CST**

"Excellent meeting, funny, interesting and very rewarding, excellent atmosphere and at times very funny – Great! Many thanks to staff"

" Laughing too much, perfect! Brilliant!" Verbal feedback was received from patients relatives on collection from sessions advising they had seen an improvement in mood and confidence. 1 patient verbalised that this group has given him the confidence to attend other groups in the community in which he is interested in which he had previously avoided"

#### <u>CST</u>

"We need more sessions, I've enjoyed everything about it" "Thanks for listening to my stories."

Together with you to achieve healthier, happier lives

#### <u>SPD</u>

"You have made us all realise that's we are not alone on this journey and we would like to thank you for your support and guidance along the way." Also bought chocolates for the staff." "Found meetings very informative"

#### <u>WIG</u>

"I have enjoyed attending the group and the discussions we have touched upon, knowing that other people are experiencing the same problems helped" "I have really enjoyed this group, I wasn't going out now I have made a friend and we are going to go out together"

## How to refer to OATS

#### DATS referral for assessment

#### Please return via email only to bchft.oatsreferrals@nhs.net

ALL blue details to be completed (other details not required if accessible via RIO) Internal referrals accepted only with a Steve Morgan assessment dated within 6 months on RIO

Patient Name:	Patient NHS number:
Patient Contact number:	Date of birth:
Patient Address:	GP name and address:
Referrers details for feedback from referral:	Preferred contact (if not patient) to arrange
	assessment :
Name:	
Contact email:	
Confirm that evidence is documented on RiO for:	
Consent to OATS referral	
Patient demonstrates capacity for assessment	
Risk assessment has been updated within last 6	
months and documented within progress notes. Next of Kin name: Please add to demographics on RIO	lé sefernine fou internentione within the Demonstr
	If referring for interventions within the Dementia
also	pathway:
	Date and type of dementia diagnosis:
Next of Kin relationship to referred person:	
Next of Kin felationship to referred person.	
Next of Kin addross	ACE score v (100 completed)
Next of Kin address:	ACE score : /100 completed:
	MINU ACE (20
	MINI ACE score: /30 completed:
Next of Kin contact number:	
Please indicate primary need identified. OATS staf	f may deem further groups suitable at a later date
Please indicate primary need identified. OATS staff may deem further groups suitable at a later date.	
Dementia pathway needs:	Functional pathway needs:
Dementia education	Anviety management
Seeing Past Dementia (diagnosis acceptance)	<u>Anxiety management</u> <u>Wellness information</u>
Group Cognitive Stimulation Therapy	Activity based recovery (art, gardening)
Group Football Cognitive Stimulation Therapy	Managing Difficult Emotions (group based in

Wolverhampton but accessible from all localites)

Memory management skills (Due 2024)

SANDWELL ONLY- FCD mindfulness group

### NHS **Black Country Healthcare NHS Foundation Trust**

#### Guidance for referrers to recommended suitable intervention

Please see the below summary for each intervention to guide regarding the most suitable primary need fo the referred person.

Dementia pathway:

Dementia Information Group: 4 sessions to provide further information following a Dementia diagnosis living well with Dementia and advice on accessing further support within the community.

Seeing Past Dementia: 8 sessions to help accept a diagnosis of Dementia. Incorporates Peer Support and seeing past the diagnosis.

Cognitive Stimulation Therapy/ Football Cognitive Stimulation Therapy:14, sessions using activity, discussion within a structured format. Recommended within NICE guidance and MSNAP core standard Either follows a traditional theme or Football theme which take place within Wolverhampton and Sandwel but open to all localities.

Memory Management: 8 sessions based on the principles of Cognitive Rehabilitation. Support participates to identify a specific goal and how they might achieve it. Due to be rolled out into all localities in 2024.

#### Functional Pathway:

Wellness Information Group: 5 sessions based on Compassion Focused Therapy. Helps people to understand the purpose of emotions and introduce emotional regulation. To identify ways to regulate own emotions.

Discover Through Activity: 10 sessions with Occupational Therapy lead. Helps people to identify and explore benefits of various occupational activities to improve mood and confidence. This will be done through psychoeducational and physical activity.

Living with Anxiety: 8 session group to understand Anxiety and develop strategies which aid in managing anxiety.

Managing Difficult Emotions: 6 sessions of education to understand and identify difficult emotions. Supports them to develop skills to cope with difficult emotions to reduce likelihood of impulsivity.



Referrals to be sent to: bchft.oatsreferrals@nhs.net

Queries can be discussed with locality leads:

(Fiona Jones OATS Clinical Nurse Specialist) (Erica Little Senior OT)

bchft.oatssandwellspoke@nhs.net





# Thank you

# Any questions?

