

## OATS referral for assessment

<p>Please <b>return via email only</b> to <a href="mailto:bchft.oatsreferrals@nhs.net">bchft.oatsreferrals@nhs.net</a>  <b>ALL blue details</b> to be completed (other details not required if accessible via RIO)  <b>Internal referrals accepted only with a Steve Morgan assessment dated within 6 months on RIO</b></p>	
<b><u>Patient Name:</u></b>	<b><u>Patient NHS number:</u></b>
<b><u>Patient Contact number:</u></b>	<b><u>Date of birth:</u></b>
<b><u>Patient Address:</u></b>	<b><u>GP name and address:</u></b>
<b><u>Referrers details for feedback from referral:</u></b>  <b><u>Name:</u></b>  <b><u>Contact email:</u></b>  <b><u>Confirm that evidence is documented on RiO for:</u></b>  <input type="checkbox"/> Consent to OATS referral <input type="checkbox"/> Patient demonstrates capacity for assessment <input type="checkbox"/> Risk assessment has been updated within last 6 months and documented within progress notes.	<b><u>Preferred contact (if not patient) to arrange assessment :</u></b>
<b><u>Next of Kin name: Please add to demographics on RIO also</u></b>   <b><u>Next of Kin relationship to referred person:</u></b>   <b><u>Next of Kin address:</u></b>   <b><u>Next of Kin contact number:</u></b>	<b><u>If referring for interventions within the Dementia pathway :</u></b>  <b><u>Date and type of dementia diagnosis:</u></b>   <b><u>ACE score :     /100 completed:</u></b>   <b><u>MINI ACE score:     /30 completed:</u></b>
<b>Please indicate primary need identified. OATS staff may deem further groups suitable at a later date.</b>	
<b><u>Dementia pathway needs:</u></b>  <input type="checkbox"/> <u>Dementia education</u> <input type="checkbox"/> <u>Seeing Past Dementia (diagnosis acceptance)</u> <input type="checkbox"/> <u>Group Cognitive Stimulation Therapy</u> <input type="checkbox"/> <u>Group Football Cognitive Stimulation Therapy</u> <input type="checkbox"/> <u>Memory management skills (Due 2024)</u> <input type="checkbox"/> <u>SANDWELL ONLY- FCD mindfulness group</u>	<b><u>Functional pathway needs:</u></b>  <input type="checkbox"/> <u>Anxiety management</u> <input type="checkbox"/> <u>Wellness information</u> <input type="checkbox"/> <u>Activity based recovery (art, gardening)</u> <input type="checkbox"/> <u>Managing Difficult Emotions (group based in Wolverhampton but accessible from all localities)</u>

<u>What to expect following referral:</u>	<u>What to expect following OATS assessment:</u>
<p>OATS triage referral:</p> <ul style="list-style-type: none"> <li>• <b>Suitable</b> – we will offer an initial assessment at the patient’s home</li> <li>• <b>Unsuitable</b> – we will update the referrer and where possible make recommendations for signposting to alternative support</li> <li>• The referrer will be updated of the outcome via the multi-disciplinary team (MDT)</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Unsuitable</b> – the patient will be discharged with recommendations for signposting to alternative supported and/or suggested therapeutic approaches for the multi-disciplinary team (MDT)</li> <li>• <b>Suitable</b> – the patient will be offered group interventions and/or time-limited 1:1 interventions to help access to local community/group interventions</li> <li>• The referrer will be updated of the outcome via the MDT</li> </ul>

**Guidance for referrers to recommended suitable intervention**

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