

Older Adult Therapeutic Service

Presented by:

Gemma Lockley- OATS Clinical Lead

Fiona Jones- OATS Clinical Nurse Specialist



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Community Therapy service provision
prior to OATS launch

Sandwell
Therapy and Recovery Unit
(TARU)

Day Care

Walsall
Therapy and Liaison
Community Service (TALCS)

Therapies

Wolverhampton
The Groves
(Penn Hospital)

Day Care

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

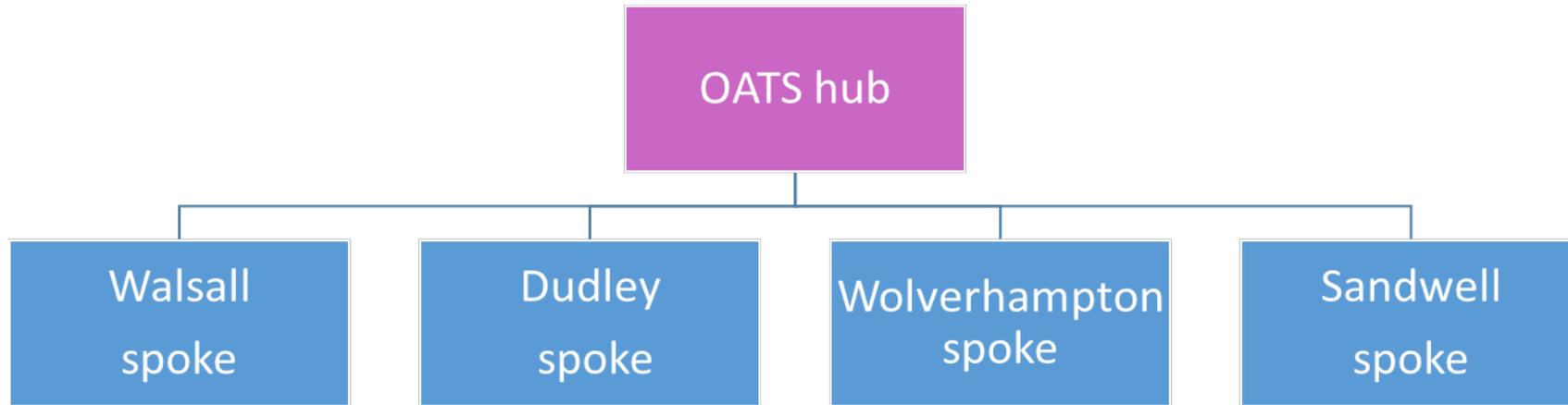
Older Adult Therapeutic Service (OATS) launched.
Specialist Service- recovery and therapies

Black Country wide- Dudley, Sandwell, Walsall and Wolverhampton



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OATS current Multi-disciplinary team setup



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



Current referral pathway into OATS

Organic:

- MAS
- ECMHTOA
- Locality Dementia Services
- Admiral Nurses

Functional:

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

Psychology input (START/ co facilitated psychology group):

- MAS and ECMHTOA psychology
- OATS

Peer Support:

- OATS staff only following assessment and/or interventions.



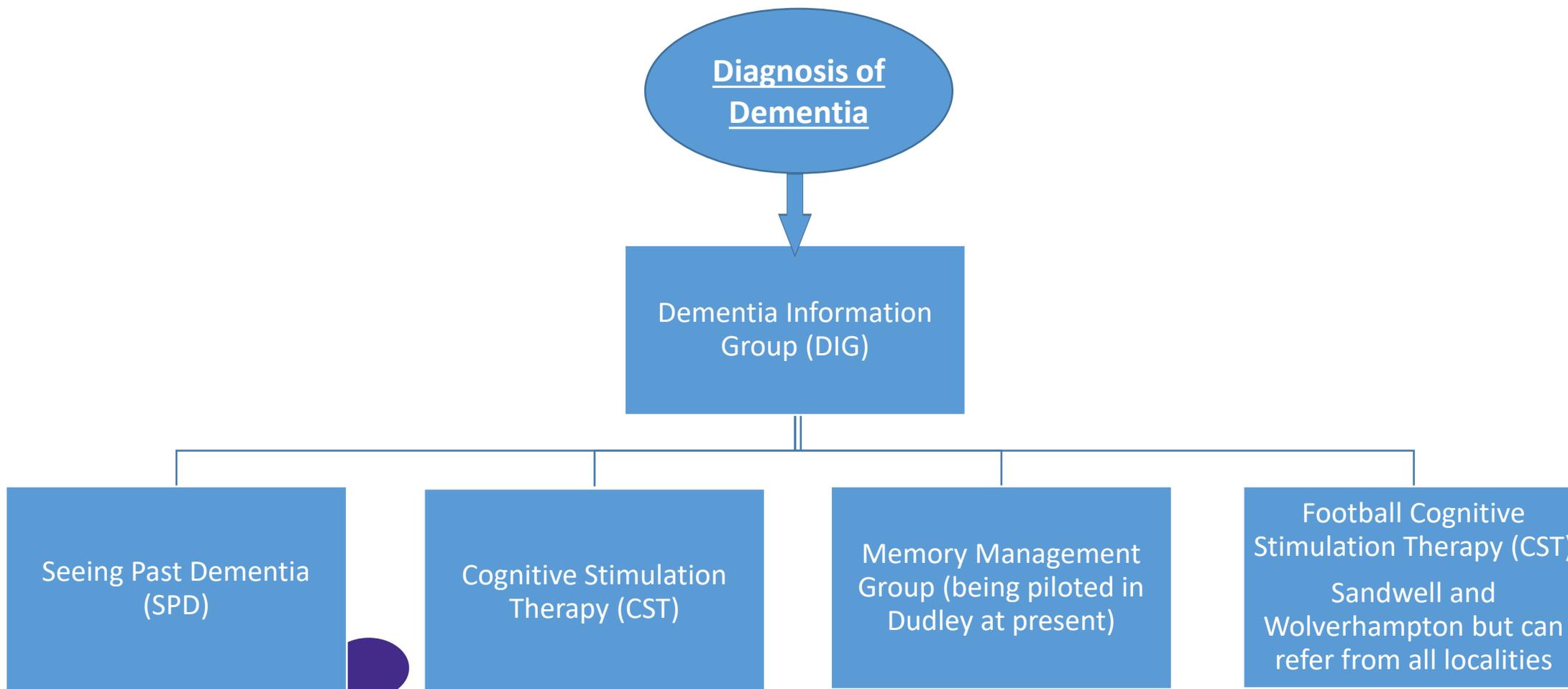
Area's where groups are currently provided

- West Bromwich Community Centre
- Farley Park Community Centre
- Haden Cross Fire Station
- Moxley People's Centre Charity
- Birmingham County FA- Ray Hall Lane

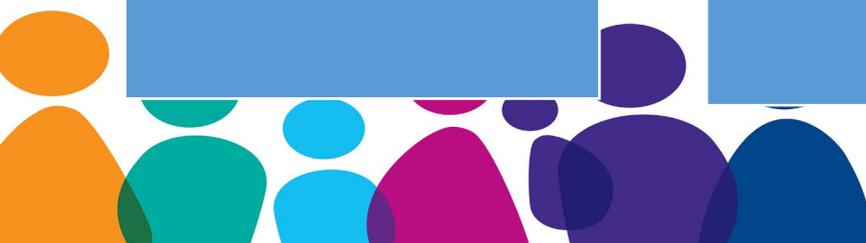
- We are currently exploring additional venues within Oldbury/ Smethwick and additional venues in West Bromwich



Organic pathway within OATS



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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 Molineux)
- Sandwell (County FA)



Functional pathway within OATS



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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.

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.

Living with Anxiety:

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

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 ”

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”

SPD

“ 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”

DTA

“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.”

WIG

“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”

CST

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

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





Black Country Healthcare
NHS Foundation Trust

Thank you

Any questions?



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