

## RAID Excellence in Working with Challenging Behaviour Award 2016

My proposal for the RAID excellence in working with challenging behaviour award is to inspire others to create recovery pathways of meaningful activity for psychiatric intensive care wards. At Cygnet Health Care we have implementing individualised care using graded pathways on our intensive care ward which has enabled us to deliver what service users want, need and deserve.

Cygnet Health Care are proud to share this approach where occupation is viewed as essential to health and wellbeing. This approach has promoted service user choice and engagement where constraints of security requirements may impact meaningful activity provision.

Our graded pathways have enabled our service to drive and direct new methods of service delivery, seeking new ways of working and new opportunities. This has improved collaborative care planning with service users to structure engagement and define personalised goals.

This has facilitated positive recovery outcomes for many supporting service users to overcome any barriers that prevent them from doing the activities (occupations) that matter to them. It ensures hope, empowerment and opportunity are key themes whilst working with acutely unwell individuals.

### **Measurable outcomes**

The testimonials below suggest this has increased people's independence and satisfaction in all aspects of life:

'I have increased confidence to attend groups'

'I have valued going to the gym and think this is important when you are on a PICU'

'I enjoyed attending the community social recovery group'

'I have created a CV to use when I leave hospital'

'I have learnt gardening skills and hope to join the group at MIND'

'I shared in the timetable focus group I like the choice of things to do'

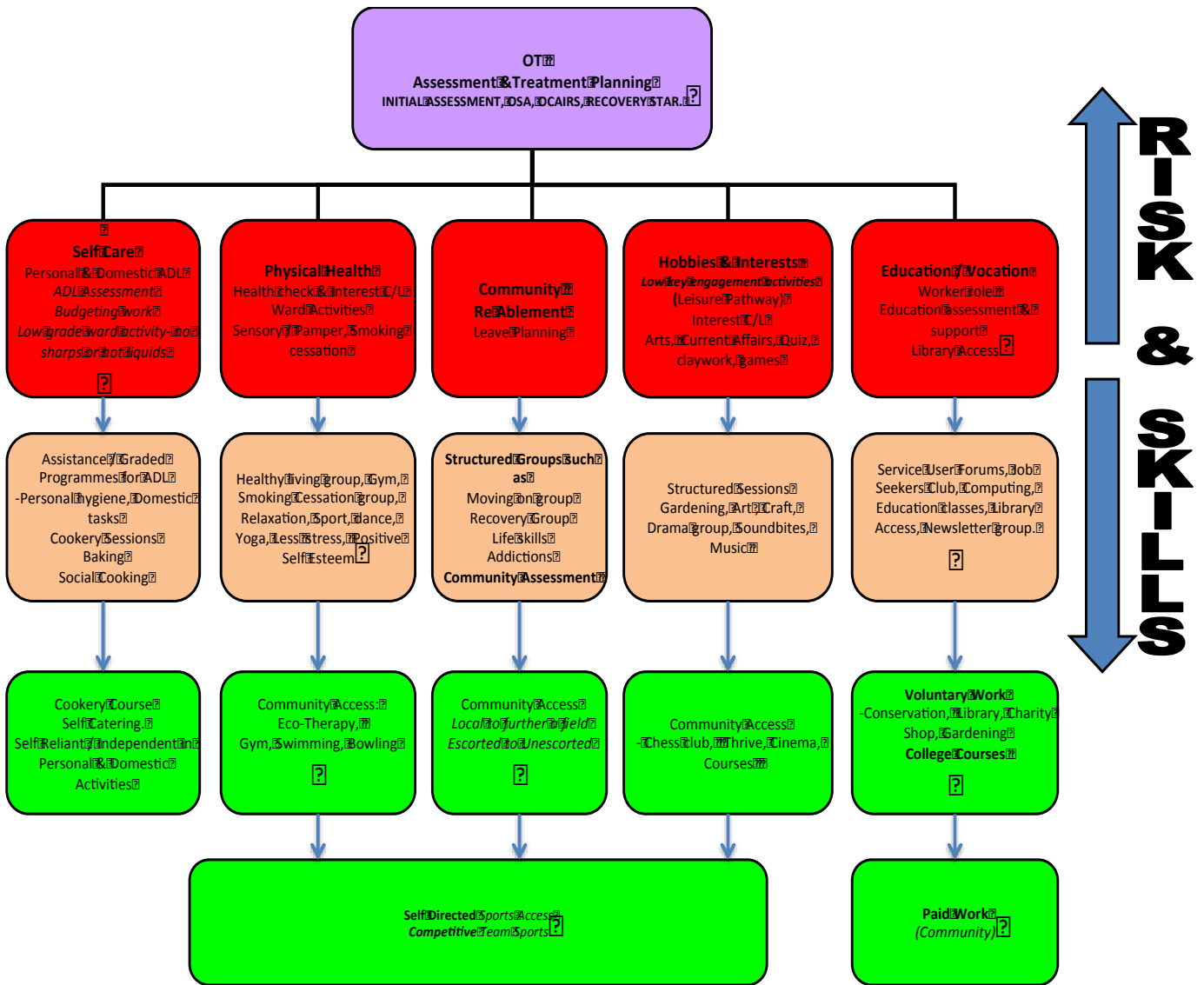
We can demonstrate positive outcomes for our service users from their clinical records, My Shared Pathway care plans, HONOS scores and occupational therapy MoHO screening tool. These provide evidence of goal attainment, improved daily routine, successful new learning and improved satisfaction with time use.

Furthermore, the clinical documentation suggests service users are engaging with therapy and education activities and doing what they want, need and deserve.

The graded activity pathways are structured to encourage engagement and manage risk.

**WARD BASED SESSIONS** → **OFF WARD / THERAPY CENTRE** → **COMMUNITY ACTIVITIES**  
*High supervision*                      *Structured groups*                      *Low supervision*

# Graded Activity Pathways



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