

Group Treatment Plan

Basic Information	
Group Location	Legacy House Independent Living (South Jordan)
Session Date	Nov 20, 2024 at 2 pm
Student Clinicians	Ashley Wright & Lindsay Kaminska
Supervising Therapist	Jennifer Thornton
Safety Issues/Precautions	Fall risk
Group Goals (1 minimum)	
1	Clients will identify 3-5 personal values that have motivated their lives with min verbal and visual cues.
2	Clients will each identify 1+ ways those values can continue to provide meaning and structure to their life.
3	
Clientele Description	
5-8 senior citizens ages 80-95 years old. Clients are living in an independent living facility and many are struggling to find a sense of purpose and coming to terms with changes in their abilities to engage in meaningful occupations. Some have mild anxiety and depression.	
Identify Group Focus & Justification (Cole, Ch 4)	
The focus for our group intervention at Legacy House will be on client factors. We'll specifically focus on their values, beliefs, and spirituality. The activity will be structured to help them identify their core values that have directed their lives and how those values can continue to help them adjust to and enjoy their current environment.	
Group Approach (Cole, Ch 5-10)	
Write a paragraph justifying your use of this Practice Model .	Model of Human Occupation. Clients are motivated to find a greater sense of purpose (volition). We will be sensitive to their value of being independent and engaging in occupations that are meaningful to them. We'll help them identify their values and beliefs that are major forces in their volition. Clients feel a loss of their role as employees, mothers/fathers, contributors to society, etc. Habits may be disrupted due to being in a new environment (habituation). Clients have less motor function than they used to due to the aging process. Some communication/interaction skills are limited due to mental health challenges and cognitive decline due to age (performance capacity).

Intervention Plan
Have your Cole Textbook and OTPF-4 Available while writing your treatment plan

Step 1: Introduction & Warm Up (Cole, Ch 1)	
Estimated Time	5 min
Description	<p>Basics:</p> <ul style="list-style-type: none"> - Welcome them to Purposeful Living: Vision Board Workshop - Introduce self and why we are here <p>Warm-up:</p> <ul style="list-style-type: none"> - Clients introduce themselves by sharing their name and their favorite holiday treat - Clients will pass around a bowl of candies or mints <p>Set the mood:</p> <ul style="list-style-type: none"> - Tone: OTAS should have a warm, direct, and upbeat tone ready for a serious yet open discussion. OTAS will express respect for these individuals and openly acknowledge they have the years and wisdom. We are here to have an open discussion and learn from each other. - Tone of the group should be motivated and ready to participate - OTAS therapeutic use of self plays a vital role in group treatments session by facilitating engagement, trust, and motivation so each member can comfortably participate - The environment should be free from distractions with a proper number of chairs and supplies set out <p>Expectations and purpose:</p> <ul style="list-style-type: none"> - We're going to explore the core values and beliefs that have guided you in your life. <ul style="list-style-type: none"> - Some examples are love, kindness, honesty, service, harmony, hard work - Then we'll discuss how those values can continue to guide you in this stage of your life.
Materials	paper and pens
Approach to Intervention (OTPF 4 th - Table 13)	Create, promote
Step 2: Activity (Cole Ch 1)	
Estimated Time	30-40 min
Description	<p>Part 1:</p> <ul style="list-style-type: none"> - Let's talk about values! - Review and discuss this quote (have someone read it from a piece of paper): <ul style="list-style-type: none"> - "A highly-developed values system is like a compass. It serves as a guide to point you in the

	<p>right direction when you are lost.” – Idowu Koyenikan</p> <ul style="list-style-type: none"> - Definition of values: <ul style="list-style-type: none"> - Values are principles, standards, or qualities considered worthwhile by the client who holds them. - Pass out a list of values <p>Clients will first brainstorm and we’ll write down their thoughts together to this questions (5 min):</p> <ul style="list-style-type: none"> - What are the values and beliefs that have guided your life? How have they impacted you? <p>Part 2:</p> <ul style="list-style-type: none"> - Explain how values can be consistent even during transitions. <ul style="list-style-type: none"> - give personal examples and show our vision boards - Now it’s your turn to make your own values vision board to remind yourself of what will continue to drive and motivate you now and in the future. - Identify 3-5 values and reflect how you plan to continue living by those values. - They’ll take some time to create a simple vision board that illustrates those values that have motivated them and will continue to motivate them. Clients will choose images and words from magazines, pre-printed materials, and/or draw images and text (25-35 mins).
Materials	Photos, poster board, magazine, scissors, tape, markers
How is this intervention skilled?	OTAS will structure activity around the MOHO model. OTAS will adapt activity according to the cognitive and physical (fine motor, etc.) skills of the clients, and grade up or down accordingly. OTAS will apply their knowledge of “normal aging” that occurs within this age group to be sensitive to their capacities.
What are your intended outcomes? Explain. (OTPF-4, Table 14, p.65)	The goal here is to improve the outlook on quality of life for each individual in the group through a guided activity focused on exploring their values, beliefs, and spiritually (client factors), and how those can continue to motivate them to engage in their roles and occupations, perhaps in different ways given their different environment and physical limitations.
Step 3-6 (Cole Ch 1)	
Estimated Time	10 min
Description	The residence we will be addressing are at approx. an ACL of 5.5-6. Each person will be given some time to process what they have learned before sharing.

	<p>Sharing: Each group member will be given some time to share the values/beliefs they included on their vision board</p> <ul style="list-style-type: none"> - Potential questions: <ul style="list-style-type: none"> - Can you please describe your vision board? What is on it? <p>Processing: Group members will share why they chose those values and how those values have impacted or guided their life. They will consider how those values will guide their actions at this point of their life.</p> <ul style="list-style-type: none"> - Potential questions: <ul style="list-style-type: none"> - Why did you choose those values? - In what ways can those values continue to guide you during this stage of your life? What does that look like to you?? - If there is hesitancy in sharing, empathize and acknowledge this activity may have brought-up some emotions. Or that recognizing our values takes time and perhaps they continue pondering on it - If we sense they are struggling with transitioning and they are feeling those struggles, ask if they feel comfortable expressing their thoughts. Validate and empathize. Then see if they are open to get the group's ideas on how they can continue living those values right now. <p>Generalizing: OTAS will review groups responses to the activity and sum up what was observed and heard. Noting commonalities, patterns, overwhelming aspects, any motivating aspects of the process.</p> <ul style="list-style-type: none"> - "What I'm hearing from you all is..." <p>Application: OTAS will sum up what was discussed and give an example of how to apply what was learned to daily life. Perhaps a time for self disclosure.</p> <ul style="list-style-type: none"> - Could say something like "This vision board can be a daily reminder of what is meaningful in your life and encourage you to think outside of the box in how you can continue living those values at this point of your life and here at Legacy House.
Step 7: Summary (Cole, Ch 1)	
Estimated Time	
Description	<p>Summary: OTAS will verbally emphasize the group responses. Residents can help summarize what they learned about themselves. OTAS will pass-out that quote about values. OTAS will remember to thank the residents and end on time.</p>