

Birmingham & Solihull Mental Health Foundation Trust



Birmingham and Solihull **NHS**
Mental Health NHS Foundation Trust

The Challenge

Hearing a person's life story can be a powerful tool to help understand the individual and their experiences. It also helps with their memory, which is relevant for our service users. Our MHSOP service has taken on this work of capturing life stories of the service users.

The Solution

The clinical observations reveal that in respect of one user, the prescribed medication of Chlordiazepoxide has been reduced by 50%. The memory testing that had been carried out in 2011 revealed a 20/30 result. The test was repeated in November 2012 and the score revealed 25/30. Clinical opinion has seen this as a vast improvement to increase by 5 points in one year. Together with these results and the personal acclamation that he is experiencing reduced anxiety and that his mood was lifted. The user is able to recognise his own strengths and limitations, anticipate and balance information to make decisions.

To work with this technology and the Life Story module as a means of intervention to improve the quality of life for somebody suffering with dementia, so as to allow their time to pass in a much more valued way and to learn more about them, past, present and future is a very positive experience. To find a way of doing this that embraces technology without presenting barriers further supports this experience.

Birmingham & Solihull MHFT provides mental health care to those people living in Birmingham and Solihull who are experiencing Mental Health problems. We service a culturally and socially-diverse population of over a million spread over 172 square miles, and have an income of over £230 million, making our Trust one of the largest Mental Health Foundation Trusts in the country. We also provide services to people who live further afield because some of the specialized services be provide.

MOHOST

Life Story work is lifting the mood of service users.

Screening Tool: MOHOST (Model of Human Occupational Screening Tool)

Subject: Outcome Measures based on completion of OT intervention including Life Story work (My Improvement Network Limited).

