

MOHO-ExpLOR

Model of Human Occupation
Exploratory Level Outcome Ratings

VERSION 1.0

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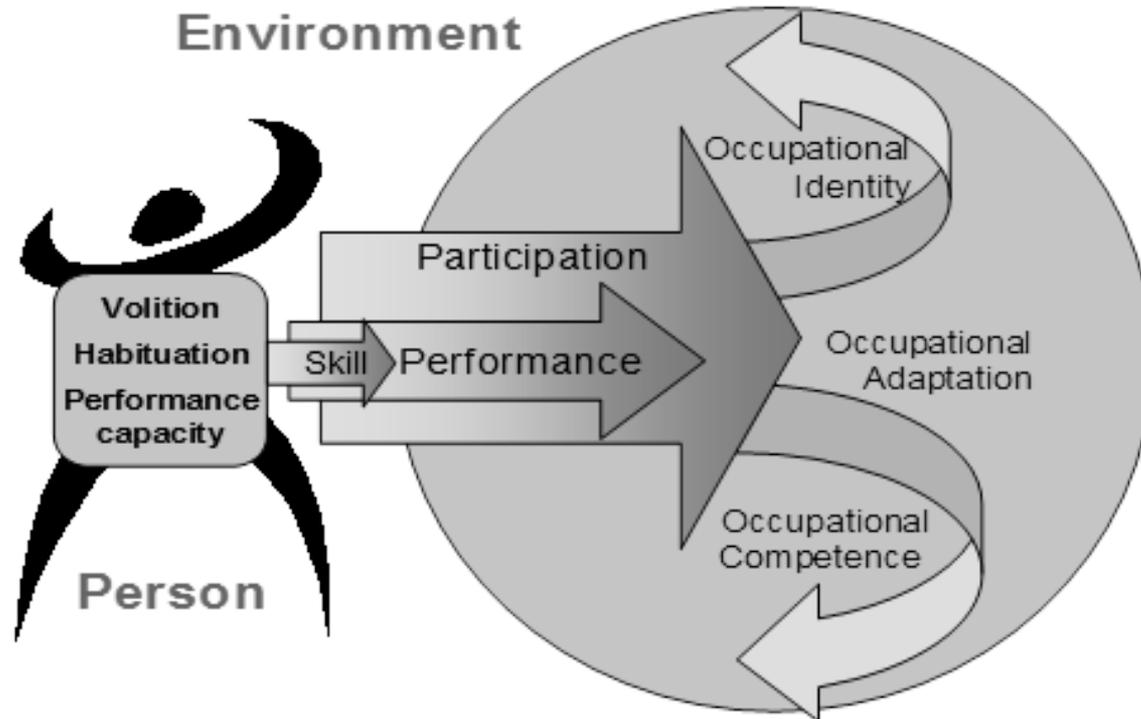
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Plan for the session (11:30-12:15)

- Theory update – just the new bits
- Content and Purpose of the MOHO-ExpLOR
- Administration – when, how, where...?
- Items and Rating Scales
- Exercise(s)

A little bit of theory...



Occupational Levels of Doing

- Participation (involvement in life roles)
 - Engaging in meaningful occupations that are significant socially as well as personally
- Performance
 - Individual activities that are carried out as part of engaging in a role
- Skills
 - Observable goal-directed actions required for each activity (Motor, Process, Communication & Interaction)
 - **NEW!! Volitional Skills, Habituation Skills**

Volitional Skills and Habituation Skills

- 'Subtle' skills
- Actions we 'notice'...
- Can the person **explore** and **engage** in their daily life? Can the person **choose**, show preferences and/or select from a range of choices?
- Can the person **maintain** patterns of behaviour and/or habits? How does the person **adapt** and learn new ways of doing things? What is the person's sense of **belonging** like? Does the person have an awareness of responsibilities?

Environmental Dimensions

(MOHOST, REIS, ratings criteria...)

- Physical spaces
 - Natural or constructed
- Physical objects
 - Natural or constructed. Symbolic meanings
- Social groups
 - 1:1, small groups, large groups
- Occupational forms/tasks [...activities...]
 - (demands, conventionalised ways of doing things)

Skills and Environmental supports

SKILLS (discrete behavioural manifestations)	ENVIRONMENTAL SUPPORTS
<i>VOLITION</i>	
Exploring, Engaging, Choosing	Validation, Encouragement, Regulation
<i>HABITUATION</i>	
Maintaining, Adapting, Belonging	Continuity, Variety, Transition
<i>COMMUNICATION & INTERACTION</i>	
Indicating, Relating, Conforming	Responsiveness, Inclusion, Advocacy
<i>PROCESS</i>	
Attending, Knowing how, Timing	Structure, Flexibility, Modulation
<i>MOTOR</i>	
Enduring, Moving self, Moving objects	Spatial arrangement, Static posture, Travel

People with 'complex needs'

- Do you know anyone who matches any of the criteria?
- EVERYONE has an occupational life...
- Purpose of MOHO-ExpLOR
 - Accurately capture, in detail, how people participate in meaningful everyday activity
 - 'Subtle' skills may only be present when environmental supports are provided
 - Accurate profile of SKILLS and ENVIRONMENTAL SUPPORTS provides platform for planning intervention

Assessment aims

- Demonstrate relative strengths and limitations at the exploration stage
- Highlight the significance of the environment for supporting exploratory participation
- Guide environmental adaptation
- Document environmental improvements irrespective of personal progress
- Enable flexible data-gathering
- Build up a detailed picture over time

When, How, Where, How long...?

- Referral, Review, Discharge
- Multiple data-gathering
 - Informal observation
 - Formal observation
 - Discussion with clients, carers, MDT
 - Case notes
 - Other assessments (e.g. REIS, VQ, ACIS)
- 1 for each setting (if there are differences)
- Intensive setting vs Community setting

Skill scale

- **Spontaneous** without support
- **Involved** minimal support
- **Hesitant** maximal support
- **Passive** does not show behaviour even with support

Environmental Supports

- **Strongly Supports**
- **Supports**



- **Interferes**
- **Strongly Interferes**

Making ratings

- **Professional judgement** (informed by the data gained from the assessment)
- Criterion statements are **for reference**
- Think about the **meaning of the scale** rather than trying to match exactly to the criterion statements (and don't take too long... 😊)
- If in doubt, choose the lower rating.
- The form has a shortened version of the criteria to act as a reminder.

Link statements and make a rating

- Observation statement and domain provided
- Place the statement next to the item
- Decide the rating
- Compare with a colleague

Resources

- A User's Manual for the Model of Human Occupation Exploratory Level Outcome Ratings (MOHO-ExpLOR) Version 1.0 (2018)

available from Queen Margaret University, Edinburgh.

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[²gether NHS Foundation Trust]