

Introduction

Ismail is a 25-year-old man who has been given a diagnosis of schizophrenia. He has been recently discharged following an admission to an acute mental health unit and is now supported by his local community mental health team.

Assessments used and dates completed

Information has been gathered from his file, and from an OCAIRS interview (Occupational Circumstances Assessment Interview and Rating Scale v4; Forsyth et al., 2005) conducted at his unit (10.4.25).

Collaboration with person

Ismail read a draft of this formulation and said that it "describes me to a tee."

Occupational Identity

Ismail sees himself as a motivated person with a passion for wildlife, who likes to keep busy and active. Ismail is a brother to one sibling and a son to his mother and stepfather and is keen to spend more time with his family.

Ismail enjoys living in and feels safe at his department of housing unit. He was distressed that the unit had been in disarray at the time of his admission and has since sought help with tidying and deep cleaning. He feels confident that he can complete the daily tasks required to maintain a home.

Ismail trusts his psychiatrist and case manager and is keen to work on understanding and managing his mental health. He expresses gratitude that he has support workers, family and friends who are concerned for his welfare. He is not happy about gaining weight since being prescribed anti-psychotic medications and feels this is slowing him down in daily life.

Ismail enjoys caring for wildlife and has a pet snake and an aquarium with goldfish. He describes caring for fish to be very calming. Ismail is eager to study and work and before his recent admission had started exploring courses at a community college, including biology, business, and wildlife studies.

Occupational Competence

Ismail can clearly identify his interests, roles and goals, which he uses to plan and structure his time. Ismail keeps his unit neat and tidy, demonstrating strong skills in activities of daily living including cooking, shopping, cleaning.

Ismail has been attending regular appointments with his psychiatrist, case manager and support worker. Symptoms of psychosis have not been observed since his discharge from the inpatient unit. File records reflect a 15kg weight increase over the past two years. Ismail was observed to become breathless when climbing the stairs to his second-story unit.

Ismail's family live in a small town 200km away. While he has weekly phone contact with them, he only sees them in person every few months when they make the drive to town. Ismail uses buses to

access his local area though admits he hasn't used trains for years and "wouldn't know where to start" with using regional rail services.

Ismail has obtained information about course options though has not yet visited the local community college to speak with an advisor. He is currently breeding mice to supplement his pension.

Key occupational needs

1. Visit family
2. Build fitness for daily life
3. Develop skills for work

Summary statement

Ismail sees himself as a motivated person who enjoys wildlife and is considering study and work options. Although his family live regionally, he feels well supported by them, as well as by mental health professionals. Medication is helping to manage symptoms of schizophrenia although weight gain is bothering Ismail and causing breathlessness. Ismail would like to work on visiting his family, building his fitness for daily life, and developing skills for work.

Initial goals

- 1.a. Within two weeks, Ismail will make a plan for visiting his family, with information provision and encouragement from Becky (OT).
- 2.a. Within three weeks, Ismail will explore the outdoor gym at his local park, accompanied by Jed (support worker).
- 3.a. Within one month, Ismail will review the information about the community college courses and discuss it with his step-father.