

Adult AD(H)D World Café Workshop

“Opportunities for Occupational Therapy to
advance Non-pharmacological Occupation
Focused Practice.”

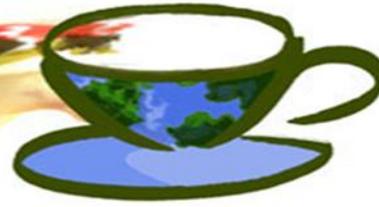
Catriona Dillingham
Lecturer in Occupational Therapy
Queen Margaret University Edinburgh Scotland



Queen Margaret University
EDINBURGH

www.qmu.ac.uk

The World Café



What is the World Café?

- World Café Conversations are an intentional way to create a living network of conversation around questions that matter.
- The World Café set up uses small tables in order to create as much of a cafe atmosphere as is possible to encourage informal sharing of ideas and discussion.
- A Café Conversation is a creative process for leading collaborative dialogue, sharing knowledge and creating possibilities for action in groups of all sizes. *(see p3 of the workshop conference pack)*



Workshop Aims

- To promote awareness of the occupational disruption of this lived experience.
- Facilitate reflective discussion regarding participants' attitudes and beliefs about adult AD(H)D.
- Facilitate knowledge exchange and debate about transformational working with AD(H)D adults.



Workshop Outcomes

- Networks with clinicians, educators and researchers in this area.
- Knowledge of the occupation-focused concepts and practice for this client group.
- Raised awareness of best practice guidance and the research priorities in this area.



Workshop Outline

- **11.45 -12.15 Introduction**
 - Where are you at?
 - What phrase best describes your beliefs about a diagnosis of AD(H)D in adults?
 - How do explain AD(H)D in adults?
 - Video Clip
 - What is the impact of AD(H)D in adults on their occupational lives?



Video Clips

- 3 Main Characteristics
<http://www.youtube.com/watch?v=bluEvkpgnuY>
- Impact on Life <http://www.youtube.com/watch?v=IJxkh57qS5U>
- Social Impact http://www.youtube.com/watch?v=-JWcKpQ5V_Y
- Sleep & ADHD
<http://www.youtube.com/watch?v=ZMvX1oowHks>
- Adult ADHD: Comorbidities
<http://www.youtube.com/watch?v=upYhR-9yxK0>



Workshop Outline

- **12.15- 12.45 World Café**
 - Question 1, Table 1, Culture Carrier 1
 - Question 2, Table 2, Culture Carrier 2
 - Question 3, Table 3, Culture Carrier 3
 - After 10 mins the “Guests” move round to next table, but “Culture Carrier” of the group or “Host” will stay to capture subsequent discussions. (see *p3 of the workshop conference pack*)



Question

When considering your case's occupational life, what interventions would you propose to improve the person's occupational functioning?

Interventions should ideally have:

- An evidence base.
- Be occupation focused.
- Be mindful of the reasons for the underlying pathology in AD(H)D, *(see p6 of the workshop conference pack)*.
- Be mindful of the existence of possible co-morbidities, *(see p11 of the workshop conference pack)*.



Workshop Outline

- **12.45-13.15 Out-puts and Evaluation**
 - “Culture Carrier” summarises and presents 5 points

