

# Developing Volunteering as an OT-Intervention

---

**Dr. Helene Eisenhut,  
Dr. Farzaneh Yazdani, Dr. Johnny Collett  
(Oxford Brookes University UK)**

*No financial disclosures.*

# The therapeutic potential of volunteering



# Why?

To give access to volunteering.

To support self-efficacy.

To address social isolation.

To train motoric and cognitive skills in a real-world setting.



# For Whom?

**For people with neurological conditions and unemployable, with mild or moderate problems according to the ICF.**



# For Whom?

**Volunteering service provider, with accessible websites, registration procedures, and cooperating institutions.**



# For Whom?

**For OTs, who want to link their clients with the community, support inclusion in society and want to expand the therapy space.**



# What?

**A 5 step procedure to enable volunteering for OT-clients:**

- 1. Navigation + Registration on a volunteering service provider website.**
- 2. Consultation for + Selection of the right volunteering job.**
- 3. Job interview at the volunteer organization.**
- 4. Trial work at the volunteer organization.**
- 5. Starting volunteering.**



# When and how much?

2-4 hours a day

1-2 times a week



# Where?

**Close to home. Not more than 20-60 minutes away.**



# How? Tailoring? Modification?

The match between the skills of the client and the job requirements have to be well assessed.



# Study-Design: Complex Intervention Development

Develop or Identify intervention

Feasibility

**Core elements:**

Consider context

Develop, refine, and (re)test programme theory

Engage stakeholders

Identify key uncertainties

Refine intervention

Economic considerations

Implementation

Evaluation

# **Study-Design**

**Scoping Review**

**Focus Groups**

**Usability Study**

# How? Tailoring? Modification?

The steps of

- registration on the website and
- scheduling appointments with the volunteering service provider/  
organization

have to be **MONITORED**.



# How? Tailoring? Modification?

The volunteering job has to be managed  
in **TEAMWORK**

→ the clients should be allowed to cancel their participation at short notice.



# References

Permanent RADAR link of the thesis:

<https://doi.org/10.24384/kxgm-x835>

Skivington K, Matthews L, Simpson SA, Craig P, Baird J, Blazeby JM, Boyd KA, Craig N, French DP, McIntosh E, Petticrew M, Rycroft-Malone J, White M, Moore L. (2021). **A new framework for developing and evaluating complex interventions: Update of Medical Research. *Council guidance BMJ*; 374:2061. doi:10.1136/bmj.n2061.**

Source of Icons: [icons8.com](https://www.icons8.com)

Source of pictures: [pixabay.com](https://www.pixabay.com)

**Thank you for your attention!**

***Contact: [heleneisenhut@web.de](mailto:heleneisenhut@web.de)***

