

**The first five levels of creative ability** - a basic, introductory overview, informed by presentations commonly seen in mental health practice.

Brief description of the level	Level related to examples of clients typically seen in mental health services
<p><b>Volition, motivation: Imitative Participation</b> for doing thing properly (norm compliance); being effectively independent. Action is <b>Norm compliance, imitative</b> (imitating the expected standard)</p>	<p>SOCIAL: Initiates/establishes two-way conversation; supports others; pleasant, respectful, polite. Easy to engage, assertive, good interaction. Caring; emotional awareness. May need support for higher social skills e.g. compromise, negotiation, conflict resolution. SELF-CARE: Initiates independently; meets norms, well groomed, pride in appearance. DOMESTIC SKILLS: Independent to norms, consistent, motivated, reliable. PRODUCTIVITY/ACTIVITIES: Initiates, plans, organises and uses time constructively. Sustains effort. Engages for personal satisfaction, enjoyment and learning. FREE TIME: Initiates and manages time independently. Engages in wider social/community activities e.g. church, with family. Healthy pursuits. Sometimes engages in antisocial behaviour.</p>
<p><b>Volition, motivation: Passive Participation</b> Motivation is for finding out the best way to do things (norm awareness) - behaviour, doing activities/tasks. Wants knowledge and skills to be competent/independent. Socially, wants to belong and be accepted by a peer group. Action is <b>Norm awareness, experimental</b> – to try out; find best way of doing things.</p>	<p>SOCIAL: generally pleasant; variable/inconsistent engagement depending on environment. Struggles with emotion and stress. Can be talkative/passive (goes along with others). Lacks assertiveness. Lacks abilities for working together with others in a group/team. SELF-CARE: generally good, but needs prompts. Can be disorganised, leaving laundry until last minute. Acceptable dress – tidy, well kempt. DOMESTIC SKILLS: willing to develop skills/able to. Although has good skills, a routine and self-caters, requires facilitation and prompting. Can budget and cook with support. Follows instructions. PRODUCTIVITY/ACTIVITIES: joins in with prompting and returns to do activities again if interested. Attends therapies but not always for personal growth, but to achieve other rewards e.g. discharge. Wants to please. FREE TIME: interest in community-based opportunities. Can be easily influenced by others; can lapse with alcohol on leave. Can be isolative. Needs a lot of input to educate regarding more complex aspects of life and independent living.</p>
<p><b>Volition, motivation: Self-presentation</b> Motivation is for presenting oneself in activities and different situations to have a go/try - exploring (explorative) - gaining understanding about own abilities (what I can do, what I like and dislike). Action is <b>Constructive explorative</b> - tries, but not very good at many activities; poor social skills, <b>self-centred</b>.</p>	<p>SOCIAL: tries to communicate but superficial and mainly to meet own needs. Mainly only engages with familiar people / engages with staff because has to. Poor social skills – interrupts / rude manner / abrupt / volatile. SELF-CARE: prompts required, lacks motivation; unkempt / poor quality dress and hygiene / overly concerned with self-care. Aware of meds, but doesn't manage them. DOMESTIC SKILLS: needs support and prompts. Adhoc; lack of routine, unable to plan. Has some skills. Tries, but poor quality and doesn't always achieve tasks; can be consistent with time and prompts. Can leave tasks unfinished if not supervised. PRODUCTIVITY/ACTIVITIES: clear gain is required (external motivator). Engages with support. Doesn't see the purpose in it, or is overly enthusiastic to join in; can monopolise group activities/be impulsive. No goals/aspirations, or unrealistic has goals – lacks insight. FREE TIME: bored easily, poor sleeping pattern – uses music, smoking to manage this. Poor life choices. Low confidence and self-esteem. No goals/aspirations, or unrealistic has goals – lacks insight. Risk to self. Pushes boundaries.</p>
<p><b>Volition, motivation: Self-differentiation</b> – differentiating self from things; differentiating one thing from another. Motivated to make contact with things; Action is <b>Destructive, or Incidentally constructive</b> (by chance).</p>	<p>SOCIAL: chaotic, random, suspicious, guarded, seeks reassurance. Poor eye contact, reluctant. Struggles to understand social norms and social expectations. Retardation. Poverty of ideas. Lacks focus to listen. Disruptive, unable to manage emotions, unpredictable. SELF-CARE: sleeps in clothes/inconsistent with changing clothes/wears several layers or not dressed for weather. Poor personal hygiene. Unkempt. Lack of self-awareness and awareness of acceptable standards. DOMESTIC SKILLS: Can do basic quick drinks and meals, e.g. toast, microwave meals. Random domestic tasks, or does none at all. PRODUCTIVITY/ACTIVITIES: Chaotic/only to meet own basic and immediate needs/no engagement. Poor insight. Fleeting. Lacks initiative. FREE TIME: isolated; sleeping, smoking, wanders, aimless, lacks concept of time.</p>
<p><b>Volition, motivation: Tone</b> – for existence. Action is <b>Purposeless</b> in terms of being <b>unplanned, or automatic</b></p>	<p>Abilities are not adequate to maintain life independently. Unresponsive, or action is unplanned, purposeless. Can go into this level for short periods during psychotic relapse whilst on acute/rehab wards.</p>

