

# Mental Health in Residential Aged Care

The Western Queensland Primary Health Network (WQPHN) has commissioned local service providers to provide mental health services to residents of residential aged care facilities (RACF), similar to services available in the wider community through access to psychology services.

## ELIGIBILITY CRITERIA

- Resident of a Commonwealth funded RACF within the WQPHN region.
- Not eligible for assistance under Dementia Behaviour Management Advisory Service (DBMAS) or other Dementia Specific services.
- Diagnosed with a mild to moderate mental illness or residents who are assessed as being at risk of mental illness. This includes people who are assessed as at risk of developing a diagnosable mental illness over the following 12 months if they do not receive appropriate and timely services.

## SERVICES AVAILABLE

- Face to Face (F2F) service provider on location, six sessions of evidenced based psychological therapy including assessment to a referred patient in a financial year.
- Target residents with diagnosed mental illness or who have been assessed as at risk of mental illness if they do not receive support.
- Providing evidence-based time-limited psychosocial therapies which can be adjusted to be responsive to the needs of Older People.
- Providing a stepped care framework approach with particular focus on meeting the needs of Older People with mild to moderate mental illness.
- Working collaboratively with the RACF, ACAT teams, families and carers to deliver person centred care.

*This service is supported by funding from the Australian Government through the PHN program and therefore is free to clients.*

## MODE OF SERVICE DELIVERY

To be delivered face to face within the RACF. Details around the mode of service delivery will be available via the commissioned provider. Under the circumstances where F2F is not possible video link could be considered if available.

## REFERRAL

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- While facilities have access and have been trained in referHealth this process will be utilised directly to the commissioned provider by the RACF designated Registered Nurse in consultation with the resident's GP, psychiatrist or psychologist.
- Referral arrangements may need to be tailored to the local availability of key clinicians.
- Confirmation could be required that the individual is assessed for physical symptoms, particularly if the onset of the symptoms has been sudden.
- The resident's GP will be advised about the resident's referral to mental health services if the GP is not the referring agent.

## FURTHER INFORMATION

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For identification of your service provider(s) more information on services, including what to expect, visiting schedules and administrative issues please contact:

## OTHER SERVICE DELIVERY OPTIONS

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The WQPHN commissions the NewAccess program to deliver low intensity support to Older People in RACF. Referrals to the NewAccess Coach can be facilitated through the referHealth system.

The NewAccess coach will facilitate stepping the Older Person up to more appropriate services as required.

The NewAccess service is only available F2F in the Roma area.

Further information can be sourced through <http://wqphn.com.au/commissioning/funded-services/NewAccess>

