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Self Directed Care in Mental Health
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Self Directed Care in Mental Health

Overview

- Perspective on Recovery
- The WA context
- What is Self Directed Care and its importance
- The overseas experience
- The Australian experience
- Implications for Richmond Fellowship
- References



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The Recovery Dilemma

- People can be surrounded by services but get no help



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Understanding the 80 / 20 rule

- 20% of the problem is the effect of the symptoms of the diagnosis
- 80% is the impact of the diagnosis. Their world falls apart.



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The key to recovery is in the relationship

Traditional Service Approach – a relationship between professional and the ‘diagnosis’ (not the person)

A recovery approach – establishes a relationship with the person and their story and focuses on outcomes – Quality of life of the individual



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The WA Context

Economic Audit Report

- Citizen centred
- Self directed care
- Mental health and homelessness priority
- Increased role for community services (not for profit) sector



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The WA Context

Mental Health Commission

- Established - March 2010
- Commissioner appointed – September 2010
- Single point of purchasing in WA Government
- Already have a separate Minister for Mental Health



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What is Self Directed Care?

Personalisation

- Direct Payments
- Personal Budgets
- Designing own care plan



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Why is it important?

- Completely aligned to the process of recovery
- Person centred – empowers the individual
- Forces agencies to respond to the needs of individuals
- Promotes social inclusion



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UK and US Progress

- US Department of Human Services paper November 2007
- Having emphasis on peer support in US pilots
- UK introduced personalisation 13 years ago
- Social care emphasis until recently
- Mental health pilots introduced in April 2010 for NHS pilots



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What it means for NGO's

- Change the nature of funding contracts with government – less emphasis on block funding
- Ensure that agencies will re-evaluate services
- Could cause some agencies to go out of business if they are not flexible



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The Australian Experience

- Long history in the disability sector
- Recent introduction in aged care sector
- Definite policy direction in Western Australia



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Implications for Richmond Fellowship

- Can take a leadership role
- Can shape future service delivery



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References

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THANK YOU



Voices at Work