MEDICAL — THE PSYCHIATRIST
Many people need medication to help them deal with their issues. Where medication is indicated one of our psychiatrists will visit you and then liaise with your general practitioner, with recommendations about what medication and dosage would be appropriate. Your case manager will be guided by the psychiatrist and will be the person with whom you will have most contact.

CLINICAL REVIEW
As consumers, you will be involved in all aspects of your treatment. Your case manager will review your progress with you and your carer regularly.

From this consultative basis, care plans are presented to the multidisciplinary team for clinical review, to ensure the treatment provided is appropriate and meets your mental health needs.

LIAISON WITH YOUR GENERAL PRACTITIONER
Your general practitioner remains the primary health care service provider. As such, we will maintain regular contact by providing written assessments, progress reports and telephone calls.

COMPLIMENTS/ COMPLAINTS
As part of the Peel and Rockingham Kwinana Health and South Metropolitan Area Health Services we abide by the policies in place. You may contact PARK Older Adult Mental Health Services, Rockingham Kwinana District Hospital or Fremantle Hospital to address these matters.

LINKAGES TO COMMUNITY SERVICES
Often an important part of our job includes linking the people we work with to other community services, such as our Community Day Therapy Program, senior citizens’ centres day care programs, respite and home support services.

Sometimes we are involved in referring people to specialist assessment services for residential care when this is considered necessary.

On occasion, we are involved in hospital admissions for people who are acutely unwell.

RESOURCE PHONE NUMBERS
After Hours Emergencies
Mental Health Emergency Response Line 1300 555 788 or 1800 676 822

Hospitals
Alma Street Centre 9431 3506
Older Adult Ward 4.3
Fremantle Hospital Switchboard 9431 3333
Peel Health Campus 9531 8000
Rockingham General Hospital 9599 4000
Murray District Hospital 9531 1144

Aged Care Assessment Teams (ACAT)
Fremantle (Kwinana area) 9431 2673
Peel (Rockingham/Mandurah) 9599 4517

Advocacy
Advocare 1800 655 011
Mental Health Consumer Advocacy Programme 9221 7860

Version April 2011
OUR MISSION STATEMENT
The Peel & Rockingham Kwinana Older Adult Mental Health Services are committed to excellence in the community focused, specialist, mental health care for older people, their families and carers.

WHAT YOU CAN EXPECT FROM US
THE CASE MANAGER:
This will be the person with whom you will have the most contact from this service.

He or she will work with you to set up a care (treatment) plan that will outline how your mental health issue will be managed. Your case manager will be involved in implementing this plan with you.

COMMUNITY DAY THERAPY PROGRAM
The Community Day Therapy Program is orientated towards enhancing the social role of our clients by working together towards mutually identified goals.

Part of the program focuses on the practical functioning and independence of clients. For example, using public transport, going to shops, balancing finances and using other community resources.

We offer therapeutic groups designed to give people the opportunity to learn more about their condition and to develop effective ways of coping. We also offer Carer Education Programs.

CARER SUPPORT SERVICES
A Carer Support Coordinator is available to provide support, education and linkages to community services for our client’s primary carers. We also offer Carer Education Programs.

TREATMENT OPTIONS
There is a range of different treatment options which can be used to help you manage your mental health problem. Treatment options used could be one or any combination of the following:

COUNSELLING
Counselling gives a person an opportunity to talk about how their current situation affects their mental health and decide on what can be done to resolve the issue causing concern.

FUNCTIONAL SKILLS
Sometimes, older people may find they can do less for themselves than they were able to do previously. Functional skills assessment and training may provide a person with strategies to help him or her do some tasks differently and so gain some independence.

PSYCHOTHERAPY
This is an in-depth form of counselling that provides an opportunity for people with complex problems to work them through and learn other skills to resolve and manage these issues. There are many different types of psychotherapy.