

COMMUNITY OUTREACH SERVICE DOCTOR'S INFORMATION

COS Inclusion Criteria:

- Patients with mental health conditions
- Patients who are self-caring
- Patients currently seeing their psychiatrists on a regular basis (minimum 6-8 weeks) for reviews.

COS Exclusion Criteria:

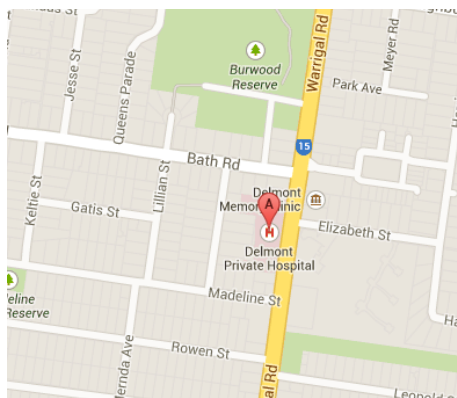
- Patients with acute psychosis
- Patients with severe cognitive impairment/dementia
- Patients requiring assistance with activities of daily living and/or inpatient treatment
- Patients assessed as a moderate to high risk for falls, aggression, suicide
- Patients who are prone to wandering and/or absconding risk
- Patients already accessing a number of external support services to address their mental health
- Staff OHS issues that may impact on visiting patients within the community setting
- Patients who live outside the COS catchment areas

We provide outreach services within a 20/25 kilometre radius of the hospital.

These areas include:

Bayside
Boroondara
Manningham
Maroondah
Monash

Glen Eira
Knox
Stonnington
Whitehorse



COMMUNITY OUTREACH SERVICE (COS)



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'Your Care in Mind'

The Community Outreach Service (COS) is an important hospital in the home program that provides an interim service for patients discharged from an inpatient stay. COS consists of well established and dedicated clinicians delivering planned care and interventions for patients within their community. COS is not an emergency response service.

ACCESSING COMMUNITY OUTREACH SERVICE

The Community Outreach Service assists people:

- Experiencing difficulties making the transition from hospital
- Provides an alternative to inpatient (overnight) care
- Facing challenges coping with their mental illness
- Dealing with family and social relationship issues including isolation
- Managing life transitions and change
- Requiring skills acquisition to manage their mental health condition.
- Needing support and linkages within their local community

Aims:

- Provide a comprehensive assessment of your mental health needs.
- Develop an individual treatment plan which supports your needs and a more independent balanced lifestyle
- Tailored clinical interventions to support your personal growth and recovery
- Work in a collaborative manner with your Treating Doctor and liaise with other appropriate health services
- Provide a time limited service that offers discharge planning to promote integration back into the community groups and support services.

Benefits Include:

- Increased knowledge about mental health conditions, i.e. depression, anxiety
- Learning new skills and constructive ways of coping
- Support with accepting and adapting to change to improve mental health and wellbeing
- Assistance in maintaining and improving overall physical, cognitive, emotional and social functioning
- Provide carer/family education and information as required
- Short /Medium interventions provide support to patients and connects them back into community



Referral Process:

A referral from your Delmont Treating Doctor is required. Upon receipt of referral and confirmation of your health fund cover, a member from the Community Outreach Service will contact you to discuss your referral in more detail.

Hours of Operation:

The Community Outreach Service operates Monday to Friday during business hours.

Catchment Areas:

The home visits are offered to eligible patients within a 20-25km radius of Delmont Hospital. A referral is required to access individual support and monitoring post discharge from hospital.

Cost:

Private health Insurance may cover the cost of the COS visits. A fee-paying service is available for those without private health cover.

Duration of COS:

The number of COS visits is dependent on both the assessment and overall treatment plan for each person, and is a time limited service. A review occurs every 6-8 visits with the COS team and a person's Treating Doctor.

We welcome enquiries about any of the Delmont Day Program services.

Please call Delmont Day Program Reception on Ph: 9805 7370.