

For more information:

For SA mental health information:

<http://www.sahealth.sa.gov.au>

(click on Health Services and then Mental Health)

For information on Outcome Measures in Australia:

<http://amhocn.org>

Crisis contacts:

Mental health telephone triage service
Tel: 131 465

For 24 hour telephone counselling:

Lifeline 131 114

For general mental health information:

www.beyondblue.org.au or
Beyond Blue Info line 1300 224636

www.sane.org or

SANE Helpline 1800 18SANE (7263)

For information for people from culturally or linguistically diverse background:

www.mmha.org.au

For information on mental health services for older people (Country liaison service):

<http://www.sahealth.sa.gov.au>

Click on Health services/Mental health services/ Older people.

For information for Indigenous Australians:

Nunkawarrin Yunti

Tel: 82235217

More sites of interest:

<http://www.alzheimers.org.au/>
or National Dementia Helpline
1800 100500

<http://www.sa.agedrights.asn.au/>
or Aged rights advocacy service
1800 700600

<http://www.agedcommunity.asn.au/>
Aged & Community Services
SA & NT Inc

For more information

Mental Health-Consumer Information,
Assessment and Outcomes team (MH CIAO)

SA Health
PO Box 287 Rundle Mall
Adelaide SA 5000
Telephone: 8226 7351
www.sahealth.sa.gov.au

For further information:
mhciao@health.sa.gov.au

Non-English speaking: (08) 8226 1990 for
information in languages other than English,
call the Interpreting and Translating Centre
and ask them to call the Department of Health.
This service is available at no cost to you.



<http://www.gilf.gov.au/>

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This is about you!

A consumer guide to
outcome measures

Older Persons
Mental Health Services

Introduction

Outcome measures are questionnaires designed to gather information about you to help map your pathway to recovery.

A questionnaire that you complete is called the Kessler 10 plus (K10+).

Some questionnaires are completed by your clinician. Two of the most used in older persons mental health services are the Health of the Nation Outcomes Scale 65+ (HoNOS 65+) and the Life Skills Profile (LSP).

These outcome measures are generally completed to coincide with: the admission to a service, three monthly reviews and at discharge from the service.

Kessler 10+

The K10+ (designed by Robert Kessler) is available for you to complete. This questionnaire was introduced as a means of gathering the consumer's opinion (that's you) on how you have been feeling over the last four weeks. As part of this process it is important you complete the K10+ as this is your opportunity to put forward your opinion.

You can ask to complete the K10+ at another time if you feel the need. You are free to choose not to complete at any point in time and this will not affect the service which you will be provided.

How will this help you?

Information gathered from the questionnaires (outcome measures) is used to see how you are going, and to track your progress.

The information helps identify areas to focus on, which can be used in your care plan. Over time these outcome measures can give an indication of your mental health progress.

Health of the Nation Outcome Scale 65+ (HoNOS 65+)

Information is gathered by the clinician in order to complete the HoNOS 65+ after a routine clinical assessment in Mental Health.

The results of rating the HoNOS 65+ can be grouped into the categories of:

- > Behaviour
- > Symptoms
- > Impairment
- > Social

Life Skills Profile (LSP)

Information gathered from the clinician completing the LSP is grouped into the categories of:

- > Withdrawal
- > Self Care
- > Compliance
- > Antisocial behaviour

Expectations

You can ask for information about anything covered in the outcome measures.

Your clinician is able to discuss information from your outcome measures with you. Information from your K10+ may be particularly helpful in revealing changes and progress since your last measure.

If at any time you have questions, please ask your key worker or service if there is a peer worker or consumer consultant (these are people with a lived experience of mental illness employed by the service) you can talk to.

The completed questionnaires become part of your medical record, and will be treated with the same level of confidentiality.

This is about you!

So take the time to complete the questionnaire. Tell it like it is and make it real!

The K10+, along with the HoNOS 65+ and LSP, can help to map your pathway to recovery.