

Older People Community Mental Health Team

Information for Patients

Introduction

The Older People Community Mental Health Team for Older Adults helps people who have mental health problems and live in their own home or care home.

The team knowledge and skills assess and treat people with mental health problems.

Who is the service for?

The service is for people, who have a mental health problem, including:

- Dementia or memory loss
- Depression/ low mood
- Stress and anxiety
- Obsessions or phobias
- Mental health problems which have an effect on daily living skills

Who are the team?

The team includes:

- Community Mental Health Nurse
- Consultant Psychiatrists, Specialist Trainees and Clinical Trainees
- Clinical Health Care Support Workers
- Clerical Support Staff

Getting In Touch

Service Users can be referred to the team by Consultant Psychiatrist and GP's. Other professionals can refer to the Consultant.

What happens next?

When the team receives a referral, the service user is offered an appointment for an assessment. This normally takes place in the Service Users home, but an alternative venue can be arranged if needed. The assessment will cover the service user's mental and physical health and social situation, including the needs of their family/ carers, where applicable.

From this a joint decision will be made identifying personal needs and a treatment plan will be agreed.

What services do the team offer?

The service is based on individually assessed needs.

This could include:

- Information, resources and advice to support service users at home
- A range of individual and group therapies to address the service user's needs
- Activities to promote social and practical skills for daily living
- Advice about medication
- Advice on support services, including home support, day care, respite care, sitter services and meal deliveries
- Day centre
- Referral to other agencies
- Support to residential/ nursing homes
- Carer information and care support groups

The Philosophy of Care

The Older People Community Mental Health Team for Older Adults believes that an approach which is respectful to and has high expectations of its service users and relationships with carers will encourage positive attitudes, healthy lifestyles, personal growth and independence.

Nursing care will take place with the community setting and is negotiated through collaboration and discussion with the service user and carers, allowing us to work in association with appropriate services involved in individual care planning.

The view respects the wishes of the individual and should promote independence, thereby enabling service users to be proactive in any decision making.

Contact Details

Block 3/8 Staff Residencies

St John's Hospital

Livingston

EH54 6PP

Telephone: **01506 523004**

Or via switchboard: **01506 522000**

Additional Information

Support Telephone Numbers:

NHS 24 - Advice and information about how to look after yourself and treat common health problems (24 hours) - **111**

Breathing Space - Mental health helpline -**0800 83 85 87**

Samaritans - **08457909090**

Living Life - Telephone CBT based therapy for depression and anxiety - **0800 328 9655**