



# Psychiatric Home Treatment

## The Alternative to Hospital Admission

### Why Provide Care At Home?

Many people prefer to remain at home rather than be admitted to hospital. The evidence suggests that remaining in a home environment enhances recovery.

Being treated at home is less disruptive to daily life and makes it easier to maintain normal routine and activities

Experience tells us that carers/families and other supporters are often crucial to recovery and they should be included as partners wherever possible.

Being treated at home enables this.

Home Treatment is a team made up of experienced and skilled Psychiatrists, Nurses, Social Workers, Occupational Therapists and Support Workers

### What We Offer

- A personalised recovery plan will be developed with you. This will take into account your physical, social and psychological needs.
- Therapeutic interventions/approaches.
- Medication management including advice/education on medication issues.
- Carer and Family Support including accessing independent support in their own right.
- Support with basic living skills (housing, benefits, social engagement, accessing local opportunities in work and education).
- The Home Treatment Team will work in partnership with community teams involved in your care in order to ensure consistency and continuity.
- Discharge planning is commenced at the earliest possible stage in order to ensure the necessary structures are in place to prevent relapse of service user's mental health.
- We are able to provide you and your family with support to recognise early signs of relapse and identify strategies for dealing with these.

If you would like more information please contact your named nurse.

Alternatively a Home Treatment team member would be happy to speak informally with you about our service.