

COMMUNITY OUTREACH SERVICE DOCTOR'S INFORMATION

COS Inclusion Criteria:

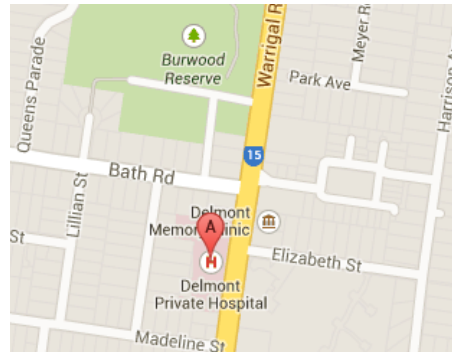
- Patients 18 years and older with mental health conditions
- Patients committed to working with COS clinicians to develop new skills and coping strategies
- Patients who are self-caring
- Patients currently seeing their psychiatrist on a regular basis (minimum 6-8 weeks) for reviews

COS Exclusion Criteria:

- Patients with acute psychosis
- Patients with: severe cognitive impairment/dementia, prone to wandering and/or an absconding risk
- Patients assessed as a moderate to high risk for: falls, aggression and/or suicide
- Patients already accessing a number of external support services to address their mental health needs.
- OHS issues that may impact on staff safety while visiting patients within the community setting
- Patients who live outside the COS catchment areas



COMMUNITY OUTREACH SERVICE (COS)



We provide outreach services within a 20-kilometre radius of Delmont Hospital. These areas include:

Bayside	Glen Eira
Boroondara	Knox
Manningham	Stonnington
Maroondah	Whitehorse
Monash	

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Your Care in Mind

The Community Outreach Service (COS) consists of highly skilled and dedicated clinicians with extensive experience in mental health and evidence-based therapies. COS clinicians provide planned care and interventions for patients within their community to facilitate their recovery. COS is not an emergency response 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
- Learning new skills to manage their mental health condition
- Needing support and connecting them into 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 Delmont treating doctor, liaise with other appropriate health services and family/carers
- Provide a time limited service that provides discharge planning to promote integration back into the community groups and support services

Benefits Include:

- Identifying stressors, signs of relapse and ways to safeguard against them
- Increasing knowledge about mental health conditions; i.e. depression, anxiety
- Learning new skills and constructive ways of coping to promote recovery
- 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 the community



ACCESSING COMMUNITY OUTREACH SERVICE

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 (COS) will contact you to complete an assessment and discuss your referral in more detail.

Hours of Operation:

The Community Outreach Service operates Monday to Friday during business hours, excluding public holidays.

Catchment Areas:

The home visits are offered to eligible patients within a 20 km 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. Funding may also be provided by other services such as Work Cover and/or TAC. A fee-paying service is available for those without private health cover.

Duration of COS:

The number of COS visits depends 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 the patient's Delmont treating doctor.

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

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