

# Care Planning with Consumers

- Utilising HoNOS and LSP to guide planning. What's the GAME PLAN?

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# The Playing Field





# The Playing Field

- Currently there are numerous documents carrying various titles across the mental health service. All these documents form a “plan” of some description pertaining to the client.
- CBIS data reflects a variable level of clinical utility of information pertaining to Care Plans, and therefore intervention that is service driven rather than client driven.
- Numerous groups “beavering away” trying to improve Care Plans.

# The Goal



# Mission Statement (May 2007)

- All clients receiving a service from the South Australian Mental Health Service will have a detailed Care Plan in place during their involvement with the Mental Health Service.
- Clients will have actively participated in the development of their Care Plans.

# Pre-Season





# Pre-Season

- > Principles of Care Planning
- > Analysis of current use
- > Evaluation of care plans used within our system, interstate and overseas
- > Essential features of the care plan



# Principles of Care Plans

- > Should support the consumer journey
- > Recovery Focus
- > Meet national standards and best practice
- > Must sit system wide
- > Must contain essential information for consumer and partners in care



# Main Issues with Current Care Plan

- > Communication
- > Content
- > Client Focus
- > Training
- > Purpose
- > User Friendly



# Evaluation Tool

- > Evaluation tool developed
  - demographics
  - recovery focus
  - stakeholder involvement
  - domains
  - user friendly
- > All Care Plans evaluated
- > Best from each Care Plan utilized



## Main Features

- > Care Plan evolves over time
- > Duplication minimised
- > Tool of Engagement in the recovery
- > **HONOS, LSP – provides evaluation**
- > Consumers - greater understanding and management of symptoms of illness

# The Equipment





# The Equipment

- > The proposed Care Plan
- > HoNOS
- > LSP
- > K10+

# My Recovery Plan

- > Is always developed with the consumer
- > Utilises the consumers identified strengths to maximise their gains.
- > Utilises LSP, HONOS Scores 2- 4
- > no more than three goals at any one time
  - rank the priority of which they would like to address issues
  - HONOS scores of 2,3 and 4 not addressed here in the service plan
- > Language clear, encouraging and agreed by consumer and clinician.
- > Community orientation



# HONOS

- 1 overactive, aggressive, disruptive behaviour
- 2 non-accidental self injury
- 3 substance use and misuse
- 4 cognitive problems
- 5 physical illness or disability problems
- 6 hallucinations or delusions
- 7 depressed mood
- 8 other mental health issues
- 9 relationships
- 10 activities of daily living
- 11 problems with living conditions
- 12 problems with occupation and activities



# LSP

- > Key measure of function and disability in people with mental illness
- > Complement the HoNOS
- > 16 items, with 4 sub-scales, withdrawal, anti-social behaviour, self care and compliance
- > Sensitive to change

# My Recovery Plan

<b>Consumers Priority</b> Rank according to the consumers priority	<b>Identified Goals/Issues</b> using <i>HONOS scores/LSP/ K10</i>	<b>My strengths to address these issues.</b> <i>What can I do? How can I help myself?</i>	<b>Interventions</b> <i>Include agreed actions and expected outcomes.</i>	<b>Person/s Responsible</b> <i>Who is responsible for this intervention occurring? Or who will be assisting in this intervention.</i>	<b>Timeframe</b>

# The Team and The Plan





## It's a Team Game

- > Tool for engagement with the consumer
- > Service, consumer, carer, relevant service providers



# Recovery Focus

- > Consumer's Recovery Plan
  - Responsibilities that sit with the consumer in taking control of their own mental health
- > Carer's Plan
  - Where the carer may be the advocate for the consumer
- > Service Plan
  - What it is that the service does to support the consumer

## Example: Billy Smith

- > Billy is a 22 year old man, who is a current resident of the Trevor Parry Centre.
- > He has been diagnosed with Schizophrenia, has had 2 recent inpatient admissions. Billy is currently experiencing AH on a frequent basis. This has been an ongoing issue causing him distress and contributes to his anxiety
- > He has been living with his parents, who provide considerable support. He requires assistance with most activities of daily living.
- > Billy becomes uneasy and anxious in crowded public places
- > Billy has become socially isolated has limited friends but is keen to make a social network

# HoNOS and LSP

## > HoNOS

1	2	3	4	5	6	7	8	9	10	11	12
0	0	0	4	3	4	3	3 B	4	4	0	4

## > LSP

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
2	2	2	1	1	0	0	2	0	0	1	0	7	0	0	3

# My Recovery Plan

Priority	Identified Goals	My strengths	Interventions	Person Responsible	Timeframe
#1 (10)	Improve budgeting skills	Basic maths and organisation skills	Education and support Encourage use of planner	Billy TPC staff Parent	Ongoing
#2 (5)	Improve physical wellness	Motivated	Maintain contact with Panagga Join exercise program at Noarlunga Leisure Walk daily	Billy TPC Staff	Ongoing
#3 (10)	Explore employment	Willingness to try Drive and motivation	Vocational Ax PT TAFE woodwork Source info. Related to employment	TPC OT TPC staff Key worker Billy	4 weeks

The left side of the slide features a decorative graphic consisting of several overlapping, flowing ribbons. One ribbon is a vibrant lime green, while the others are a light, muted grey. The ribbons are layered and curved, creating a sense of movement and depth.

# The Game Analysis

3 Monthly Reviews



# Acknowledgements

- > Care Plan Steering Committee
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# **Government of South Australia**

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