

How we will help you

Involve you and carers

Planning what your home needs

Work with other teams

Be open and honest

Safety

Helping with decisions (capacity)

Regular meetings

Treatment Plan Options

Mental Health Pathway

Confirm psychiatric and medical history, including review by pharmacy

Assessment of Mental Health

- Observation and getting to know you
- Pharmacy and medication review
- Understanding communication needs
- Understanding recent changes
- Physical health assessment
- Understanding how you feel
- Assessment of daily living skills
- Understanding sensory needs

Description and understanding of mental health (including diagnosis)

Treatment Planning

- Following trust pathways for specific diagnoses
- Carer education/training
- Medication if required. Lowest effective dose
- Learning about your diagnosis and what helps
- Psychological support
- Physical health management
- Understanding thoughts and feelings

Safety and crisis planning (including Wellness Recovery Action Plan)

Physical Health Pathway

Medical history including GP care records

Assessment of physical health and referral to other services

- Mainstream (e.g. foot clinic, dentist)
- Specialist (e.g. sleep clinic, respiratory care)

Supporting Physical Health

- | | |
|--------------------------|------------------------|
| • Health Action Plan | • Health appointments |
| • Medication | • Sexual health |
| • Care Passport | • Health promotion |
| • Pain Profile | • Diet |
| • Lifestyle choices | • Annual health checks |
| • Falls prevention | • Blood tests |
| • Physical health checks | |

Specific pathways regarding epilepsy, respiratory and/or dysphagia will be followed as indicated

Safety and crisis planning and Maintaining and monitoring health

Challenging Behaviour Pathway

Confirm psychiatric & medical history, inc review by pharmacy Assessment of challenging behaviour

- Observation and getting to know you
- Functional assessment (understanding behaviours)
- Physical Health assessment
- Assessment of daily living skills
- Understanding sensory needs
- Understanding communication needs
- Medication review

Description and understanding of your behaviours Support planning

- Positive behaviour support
- Training carers
- Activity planning
- Looking after your physical health
- Looking after yourself
- Helping people build skills
- Medication as last resort (STOMP)

Safety and crisis planning

Transition (planning to move on)

Discharge (leaving Selden)