

Community Living Supports (CLS)



Health

As part of the Mental Health Reform in NSW, the Government committed to expand psychosocial supports provided by the non-government sector for adults with severe mental illness living in the community.

Community Living Supports implements this commitment, adding to the supports already provided by the Housing and Accommodation Support Initiative.

Evaluation evidence indicates that these types of supports reduce hospitalisations and lengths of stay in hospital, improve physical and mental health, stabilise housing tenancies and enhance life skills, community participation, independence and relationships.

Like the Housing and Accommodation Support Initiative, Community Living Supports is underpinned by an integrated care and support model. This involves a partnership between local health district mental health teams who provide clinical care as required and non-government organisations specialising in mental health which provide psychosocial supports.

Psychosocial supports are informed by a care plan designed collaboratively between the client, their family and/or carers, clinical teams and non-government providers. They can include the following:

Community Living Supports provide flexible hours of support that can be varied in response to changes in individual need. This results in a more efficient use of the available hours to provide supports to clients. If a client is receiving care in an inpatient facility, supports can commence prior to their being discharged to ensure their smooth transition to community living.

Community Living Supports was tendered in early 2016 and contracts for non-government providers commenced in July 2016.

Eligibility

Community Living Supports target people who have a diagnosis of severe mental illness (such as schizophrenia, bipolar disorder or schizo-affective disorder) and high and complex needs due to functional impairment caused by their illness. Additionally, it focuses on:

- people living in social housing who may not be accessing the supports they need

<p>1</p> <p>Daily Living Skills</p> <p>Assistance with daily living skills including self-care, personal hygiene, cleaning, shopping, financial management, cooking and catching transport.</p> <p>Facilitating access to education, vocational training and employment.</p>	<p>2</p> <p>Links to clinical</p> <p>Support in attending appointments with clinical mental health services, physical health and welfare services.</p> <p>Liaison with Local Health District regarding changes in support need and any clinical concerns.</p>	<p>3</p> <p>Medication</p> <p>Support to comply with medication requirements and other aspects of clinical care.</p>	<p>4</p> <p>Family and Community</p> <p>Support in building and maintaining family and community connections.</p> <p>Supporting participation in Aboriginal community activities that contribute to improved emotional and social wellbeing.</p> <p>Participation in social, leisure and recreational opportunities.</p>	<p>5</p> <p>Provider Management</p> <p>Continuous performance improvement, staff training, data collection, performance and financial reporting.</p>	<p>6</p> <p>Governance & Documentation</p> <p>Development of care plans, service level agreements with Local Health Districts and other local stakeholders including Aboriginal Community Controlled Health Services.</p> <p>Establishing Aboriginal (and other where appropriate) cultural reference groups.</p>	<p>7</p> <p>Links to Other Services</p> <p>Referral to the NDIS.</p> <p>Brokerage of/linkage to other related services including drug and alcohol treatment, aged care and therapeutic services such as occupational therapies, nutritionists, physiotherapists, dentists and other providers.</p>
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- people serving community based detention orders
- people exiting correctional facilities
- Aboriginal people
- people living in boarding houses
- refugees.

To participate in Community Living Supports, people must meet the following general eligibility criteria:

- aged 16 years or over, until age related frailty is determined to inhibit active ongoing involvement in the program
- are diagnosed with a mental illness; or in the case of a young person where a formal diagnosis is absent, functional impairment due to psychological disturbance has been identified by a mental health professional
- experience disability primarily stemming from a mental health diagnosis which impacts on their day to day functioning including issues around maintaining their accommodation
- are willing to engage with non-clinical support services

- have genuinely consented to participate in the program and/or where relevant have their guardian's consent and are willing to consent to information sharing between key partners
- have the desire and with support, the ability to live in the community
- living in stable accommodation or accessible by services on a regular basis so that supports can be provided with continuity.

To ensure that people with high needs are prioritised, benchmarks for the number of clients that require more than five hours of support a day have been set for each local health district. Benchmarks have also been set for the number of Aboriginal clients.

Client pathway

The diagram below illustrates a typical client pathway through Community Living Supports.

To learn more about mental health care reform in NSW visit www.health.nsw.gov.au/mentalhealth/reform

