

Residential Aged Care Facility (RACF)

HealthWISE Mental Health Services provide psychological therapy to residents of residential aged care facilities with a diagnosed mental illness, who have mild to moderate symptoms, common mental illnesses or are at risk of developing a diagnosable mental illness over the following months.

Mental Health services in primary care programs are not acute or crisis services.

Eligibility

- Residents of RACFS.
- People who are under financial hardship and less able to pay fees to access private mental health services and are unable to access Medicare subsidised mental health services.
- People who identify as lesbian, gay, bisexual, transgender or intersex (LGBTI) for who stigma and lack of appropriate service may provide barriers to care.
- Aboriginal and Torres Strait Islander people.
- People from Cultural and Linguistically Diverse (CALD) backgrounds.
- Individuals who have self-harmed, attempted suicide or who have suicidal ideation and are able to be appropriately managed in the primary health care setting
- People living in rural and remote areas.
- People who have dementia or delirium should be referred to a specialised support service.
- People with dementia are not excluded from treatment if they also have a co-morbid mental illness such as depression or anxiety.

Treatment

- Evidence based psychological intervention which can be delivered as psychological therapy or clinical care coordination.

Access Pathway

- Mental Health Treatment Plan (MHTP) is not required, however, is encouraged.
- Family members, visitors, personal care staff, self-referral, Aged Care Assessment Teams (ACAT) or dementia services can complete the RACF self-referral form.