

WHAT GUIDES THE WAY WE DELIVER CARE

The Older People's Mental Health (OPMH)

Teams aim to:

- provide care that is focused on your recovery and is person-centred.
- be sensitive to your spiritual and cultural needs.
- uphold your beliefs, preferences and treatment and recovery goals in all aspects of care.
- discuss your care options and support you in making decisions about your care.
- involve your family and support people with your consent.
- take into account your treatment, care needs, and circumstances (e.g. the pace at which we work will depend on your needs).
- communicate clearly and honestly, listen and act upon what you and your family tell us and provide the right amount and type of information to you and your family.
- ask your permission before sharing any information, and maintain confidentiality and privacy as appropriate.

OPMH TEAMS IN THE SOUTH WESTERN SYDNEY AREA

Our community teams are based in

- Prairiewood (covering Fairfield LGA)
- Liverpool (covering Liverpool LGA)
- Bankstown (covering Bankstown LGA)
- Camden (covering Camden Campbelltown and Wollondilly LGAs)
- Bowral (covering Wingecarribee LGA)

USEFUL PHONE NUMBERS

Mental Health Telephone Access Line

1800 011 511 (24 hours)

Mental Health Carers NSW

1300 554 660

Carers NSW

1800 242 636

Alzheimer's Australia

1800 100 500

Dementia Behavioural Management and Assessment Service (DBMAS)

1800 699 799

My Aged Care

1800200422



Health

South Western Sydney
Local Health District

Older People's Mental Health Community Team



A guide for older people with mental health problems and their families, carers and friends

We acknowledge the Traditional Owners of the land and pay our respect to their Elders past and present.

A guide for older people with mental health problems and their families, carers and friends

The Older People's Mental Health (OPMH) Community Teams are made up of a range of mental health professionals including doctors, nurses, social workers, occupational therapists and clinical psychologists. They cover all Local Government Areas within the South Western Sydney Local Health District.

WHO DO WE SEE ?

OPMH Services provide:

- ♦ care in the community to older people with a mental health problem
- ♦ information and support to carers and family members.

Services are generally provided to people aged 65 years and over or for people aged 50 years and over if they identify as Aboriginal .

HOW DO I GET IN TOUCH?

Call the **NSW Mental Health Telephone Access Line** on 1800 011 511. If you have used our service in the last 6 months you can also call us directly .

HOW LONG WILL I WAIT TO SEE SOMEONE?

Within 2 weeks or sooner if your situation is urgent.

WHERE WILL I BE SEEN?

You will be asked if you want to be seen in the place you live or at the hospital/health centre. We will try to meet your choice where possible.

WHAT WILL AN ASSESSMENT INVOLVE?

We will ask you about the concerns you or others may be having about your mental health. We will aim to understand you and to get to know your background, culture and what makes life meaningful to you and what may be worrying you.

We may ask you to do activities to check for difficulties in your thinking, feeling, mood and/or behaviour.

We will also help you get your physical health checked and see if you have any risks such as having a fall.

WHAT TREATMENTS AND CARE OPTIONS WILL I HAVE?

We will work with you to assess your treatment and recovery goals.

We will discuss with you suitable treatment and care options, such as talking therapies, providing and/or reviewing medication, working with you to develop new self-care skills, and helping you access other supports and services.

Carers are encouraged to talk to our staff about their own needs for support.

We will also work together with other services to make sure you get the care you need, including your GP, other mental health services, Aboriginal and multicultural health workers, aged care and home and community services.

If you have hearing difficulties or not fluent in English we will organise an interpreter for you. This is free of charge and confidential.

LEAVING OPMH SERVICES

We will work with you and your family to decide when is the right time for you to leave our service.

We will ask you to help identify your ongoing care and support needs. We will contact relevant services that can help meet these needs before you leave us.

We will let you know how to re-contact us should you need to in the future.

We will also talk to you about how to look after your mental health and wellbeing. If required, arrangements will be made for you to be admitted into hospital.