Assessment and Discharge Activities

Mayview Regional Service Area Plan Project (MRSAP)

March 17, 2006
Who is the Committee?

A designated group of stakeholders that includes consumers, families, and professionals from the community and state hospital.
Committee’s Goals

- Develop the assessment tools and design the assessment process
- Coordinate, oversee, and facilitate the assessment process
- Develop and monitor the community support planning (formerly known as discharge planning) process
1. Three assessment tools were developed (consumer, family, and clinical assessments)
   - Questions focus on consumer preferences and supports needed (NOT on fitting consumers into existing programs)

2. Interviewers were trained
   - Each County’s Consumer/Family Satisfaction Team conducted the consumer and family assessments
3. Patients received an orientation
4. Orientation letters and consent forms were mailed to family members
5. All assessments completed in 6 weeks:
   - 38 clinical assessments
   - 35 consumer assessments (3 individuals refused to participate)
   - 18 family assessments (3 individuals had 2 family members each participate)
Number of Consumers for Assessments, by County

Total: 38 consumers

Allegheny: 30
Beaver: 4
Lawrence: 1
Washington: 3
## Assessments: Housing Preferences

How much do you want/do you recommend each of the following living arrangements?

<table>
<thead>
<tr>
<th>Percent who answered “very much”</th>
<th>Consumer</th>
<th>Clinical</th>
<th>Family</th>
</tr>
</thead>
<tbody>
<tr>
<td>Independent setting by self</td>
<td>40%</td>
<td>5%</td>
<td>11%</td>
</tr>
<tr>
<td>Independent setting with family</td>
<td>49%</td>
<td>8%</td>
<td>6%</td>
</tr>
<tr>
<td>Independent setting with roommate</td>
<td>23%</td>
<td>8%</td>
<td>22%</td>
</tr>
<tr>
<td>Transitional group setting</td>
<td>26%</td>
<td>34%</td>
<td>39%</td>
</tr>
<tr>
<td>Permanent group setting</td>
<td>17%</td>
<td>71%</td>
<td>44%</td>
</tr>
<tr>
<td>Nursing home</td>
<td>6%</td>
<td>5%</td>
<td>6%</td>
</tr>
</tbody>
</table>
54% of consumers would like to have a paying job
33% of family members recommended a paying job
21% of clinical teams recommended a paying job
Assessments: Preferences and Recommendations on Volunteering

- 23% of consumers would like to have volunteer work
- 44% of family members recommended volunteer work
- 21% of clinical teams recommended volunteer work
Assessments: Relationships with Family and Friends

- 63% of consumers said they had family members they wanted contact with.
- A small % of individuals have relationships with friends they want to maintain.
Assessments: Supports

- Each assessment included a long list of areas consumers might need help with.
- For each area, consumers state if they want daily, weekly or no help. Family members and clinical teams recommend daily, weekly, or no help.
- For each area, respondents can also check if help is needed before and/or after discharge.
Assessments: Support Areas

- Cooking, cleaning, shopping, personal hygiene
- Personal safety, learning the neighborhood, taking bus
- Getting a job, going back to school, finding things to do
- Making friends, meeting family, connecting with religious center, self-help groups
- Following a schedule, keeping appointments, getting medical care
- Getting mental health, drug and alcohol treatment
- Getting benefits, paying bills, payee services
Assessments: “Profiles” Based on Supports Needed

1. Consumers who **want frequent help** in many or most areas. Clinical teams (and family members) also recommend frequent help in most areas.

2. Consumers who **don’t want help** in most areas, while clinical teams (and family members) recommend frequent help.

3. Consumers who **want help in specific areas**. Clinical teams (and family members) recommend help in specific areas.
Assessments: Supports for Families

- When family members were asked about specific supports they needed, the most common response was “I don’t need help.”
- Some were interested in linking with other families, learning about hotlines, family psycho-education, and understanding benefits like SSI.
- Over 50% wanted to learn more about dosage, side effects, and purposes of medications.
Developing the Community Support Plans (CSPs)

- Assessments are the basis of the CSP
- Consumers can invite whomever they want
- A **Facilitator** leads each meeting
- A **Recorder** documents each meeting
- The CSP includes a summary of the meeting and what needs to happen before the next meeting/before discharge
- The discharge won’t occur until community services and supports are in place
CSPs: Timeline

- All consumers with assessments completed will have their first CSP meeting between February and mid-April
- 23 meetings held already (through 3/17)
- CSPs are very individualized
- Many will include gradual transition plans
- Meetings have been going smoothly
CSPs: Story #1

- S. has been in the hospital 20 years and has many fears about returning to the community. She doesn’t know what to expect or what she wants.
- At her first CSP meeting, the group agreed that the first step towards discharge is to connect her with a case manager who can take her out into the community twice a week.
- The group will meet again in 6 weeks to see how this went and talk about what’s next.
CSPs: Story #2

- J. has strong relationships with her family and would like to live close to them. Her family agrees.
- The clinical team initially recommended a personal care boarding home on the other side of the County because they thought it provided the right kind of support.
- At the CSP meeting, the group agreed that finding housing close to family would be the priority. Follow-up tasks were assigned.