



## KELMSCOTT COMMUNITY SUPPORTED RESIDENTIAL UNITS

*Having a place where you belong, can contribute, and feel accepted is fundamental to everyone's mental health, including people with a mental illness.*

### Background

- Community Supported Residential Units (CSRUs) are one of the new programs that will increase choices available in supported community accommodation places for people with a mental illness.
- One in five Western Australians will be affected by mental illness at some time in their lives. Approximately 1 in 40 will be affected by a severe ongoing mental illness.
- Supported accommodation helps a person's recovery and greatly improves their ability to lead an independent and productive life.

### Community Supported Residential Units

- The CSRU model meets the Australian National Standards for Mental Health Services. The model builds on successful mental health and disability supported accommodation programs operating in Australia and overseas and is endorsed by the Senate Select Committee on Mental Health (2006).
- The units are self-contained homes and have a private bedroom with ensuite for each resident, as well as carports, gardens, outdoor storage and entertainment areas.
- They are similar in appearance to strata title units and have been designed to complement existing homes in the community.
- CSRUs provide an opportunity for people with a mental illness to develop skills, increase social and recreational options and access support. They offer an environment to develop friendships and trust, and connect with the community.
- CSRUs are operating in Albany, Busselton, Bunbury and Geraldton. Additional CSRUs are being constructed in Bentley, Middle Swan and Osborne Park.
- Sites are chosen in line with the requirements for appropriately zoned residential land of sufficient size to accommodate the homes, close proximity to public transport, and community amenities.

### Kelmscott Community Supported Residential Units

- The CSRUs will be located on Arnott St in Kelmscott, in 12 existing two bedroom residential units. The site has excellent community access and is close to public transport.
- One unit will be used as a dedicated staff facility, with the remainder of the homes providing medium to longer-term accommodation for 22 residents.

### Residents

- The residents living in the units have a mental illness and low to medium daily living support needs. Individuals with high support needs will not be accommodated in the units.

#### *Medium Support*

- history of mental health problems



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- requires assistance with medications
- moderate level of functioning
- some supported involvement with family and community.

### *Low Support*

- current mental health problems
  - self manages medication
  - high level of functioning most of the time
  - independent involvement with family and community.
- Residents who will benefit from the CSRU model of supported accommodation will be identified by local public mental health professionals.
  - Residents will be regularly assessed by the local mental health service to ensure that the CSRUs Program remains the best accommodation option for each individual.
  - Residents will be supported in social, physical, vocational and recreational activities; development of daily living skills, such as budgeting, food purchasing, cooking and housekeeping; and management of their illness.

## Management and staff

- The homes will be run by St Bartholomew's House (St Barts), an experienced non-government not-for-profit organisation specialising in the provision of supported accommodation and psychosocial support and rehabilitation.
- St Barts have been successfully providing similar services in the mental health and disability sector for more than 30 years.
- St Barts will provide individualised care programs and 24-hour 7-day a week onsite support.
- St Barts will be responsible for the maintenance of the units and will be the ongoing contact point for their community.
- Residents will receive ongoing clinical support through the Armadale Community Mental Health Services. General health needs will be met by local general practitioners and other primary health services. After hours mental health support is available through the Mental Health Emergency Response Line and the Community Emergency Response Team.
- There will be formal monitoring of the accommodation service by both the Department of Health's Office of the Chief Psychiatrist and Licensing and Standards Review Unit. External monitoring is undertaken by the Council of Official Visitors. The NGO Operator must also meet the *WA Service Standards for Non-Government Providers of Community Health Services (2005)*.

## Community Briefing

Ahead of the formal planning approvals process, the Department of Health undertook a comprehensive community information program to inform people about the Armadale CSRUs.

Public forums were held on the 24<sup>th</sup> and 25<sup>th</sup> October 2006.

The information program included discussions with:

- The City of Armadale
- Members of Parliament
- Canning Division of General Practice



## KELMSCOTT COMMUNITY SUPPORTED RESIDENTIAL UNITS

- Neighbours
- Community groups and progress associations
- Key service providers
- Mental health service providers

### Project Status

Building modifications of the units are underway, with residents due to move in soon.

St Bartholomew's House are currently fitting out the units and reviewing suitable applicants in conjunction with the Armadale mental health service.

### Further information

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