



OSBORNE PARK 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.
- Research shows that supported accommodation brings improved physical and mental well-being; increased community, social and vocational participation; greater independence; and decreased hospitalisation. Research also shows that this type of accommodation, along with organised activities, fosters peer support and friendships.

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 facilities are self-contained and contain all the features of a domestic residential home.
- 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, Geraldton and Bentley. Additional CSRUs are being constructed in 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; and in an area of identified unmet need.

Osborne Park Community Supported Residential Units

- There are more than 50 people on the waitlist for supported community accommodation in the Osborne Park catchment area.
- The Osborne Park CSRUs will be located on the north-west corner of the Osborne Park Hospital site, Osborne Place, Stirling. The identified land will be excised from the Osborne Park Hospital site and the units will operate independently from the hospital service.

Residents

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



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Medium Support

- History of mental health problems
- requires assistance with medications and activities of daily living
- some supported involvement with family and community.

Low Support

- current mental health problems
 - self manages medication
 - limited assistance with activities of daily living
 - 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, and recreational activities and assisted to access appropriate employment, education and training opportunities. They will be assisted to gain skills that will support them to live independently such as budgeting, food purchasing and cooking, housekeeping, laundry, and transportation; and shown how to optimise their health through clinical support for their illness in conjunction with learning about relaxation, fitness and diet.

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-days 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 Osborne 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 Osborne Park CSRUs.



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The information program included discussions with:

- The City of Stirling
- Members of Parliament
- Osborne Division of General Practice
- Community groups and progress associations
- Key service providers
- Mental health service providers

A public forum was held on 27 June 2006.

Project Status

The Osborne Place CSRU has been approved by the City of Stirling and the WA Planning Commission. The Department of Housing and Works appointed APC Constructions to build the Osborne Park homes. Construction commenced in December 2007 and it is anticipated that the homes will be completed by May 2009.

Further information

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