Is Recovery for All? Development of Recovery Oriented Services for Older Adults with Mental Illnesses

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Introduction
The notion of "recovery" has recently taken center stage in guiding mental health policy and practice around the world. However there are many concerns to whether the recovery approach is applicable to old age psychiatry and particularly to care of people with cognitive impairments.

Objectives
This project aims at addressing the concerns and uncertainty of recovery oriented practice; develops new service model, care pathway to guide our implementation strategies and new clinical practice. The services are geared to recovery-oriented and out-come driven which is applicable in old-age psychiatry and hospital authority services.

Methodology
The intervention is based on the REFOCUS Model (Slade, 2011), which identifies the intended effects of the recovery oriented practice. It has four parts: i) the facilitation of staff values and knowledge, skills, partnership with patients and caregivers, ii) the ‘practice change’ (i.e. individualized care plan which support goal-striving and self-management, strengths assessment, and proactive illness and risk management) iii), the impact on the experience of the person using the service, and iv) the beneficial outcomes. The staff’s concerns are addressed which include the following: recovery-oriented care adds to the burden of already stretched providers, recovery involves happens to older adults with mental illness and it represents an irresponsible
fad without the addition of new resources. Recovery-oriented care is evidence based or not; and it increases providers’ exposure to risk and liability if the choices of the users are emphasized and the over-arching challenges of resources and risk. Consultation seasons are conducted among multi-disciplinary team members to work out new service model, care pathway to guide our implementation strategies and new clinical practice is adopted and implemented by action research approach. In addition to clinical data, the outcomes on clinical, clients, service utilization and satisfaction are evaluated.

**Result**
New model and care pathway are well accepted by multi-disciplinary team members. Guiding principles education and training are provided, these include the development of the skills, knowledge and support to promote successful. Train the trainer workshop was delivered to seven clusters of psychogeriatric services by the nurse specialists who received oversea training and recovery oriented and outcome driven projects are implemented and monitoring in seven clusters.