



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Submitting author:** Ms Man Yin Chan

**Post title:** Occupational Therapist I, Kwai Chung Hospital,

**Four years report of Supported Living Program in Occupational Therapy**  
**Department of Kwai Chung Hospital**

*Chan MYS*

*Occupational Therapy Department*

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**Introduction**

A brain drain problem of psychiatric hospitals was social admission of those service users with chronic psychiatric illnesses. It was unethical to discharge a patient homeless. Therefore, more and more service users with severe mental illnesses became long stay patient because of hospitalization. With a changing mode of service delivery from Train-Place Model to Place-Train Mode, service users were able to choose an affordable living place and pursue their independent goals despite experiencing chronic symptoms and disabilities. Thus, Supported Living Program (SLP) aims at facilitating them to choose, get and keep an appropriate housing with community supports in re-integrating them back into the community such as rented room, private hostel and Old Aged Home. During the program, they learned to cope with their residual symptoms by techniques of Chronic Disease Self Management. Their rate of admission was abruptly reduced and their length of stay was shorter than before.

**Objectives**

(1) to reflect the effectiveness of the SLP program by using of quantitative data (2) to determine the essential components for SLP in a psychiatric hospital

**Methodology**

A guideline for SLP was developed. All female patients who had specific referral aim for home resettlement from one clinical management team of Kwai Chung Hospital were automatically joined in the program. All essential factors included current functional level, individual's choice, drug compliance and mental condition, etc. Case Occupational Therapist provided comprehensive assessment and collaborated with inputs of multi-disciplinary staffs to gear on goal setting of the service user. Community visits became a bridge for service user to integrate to the community smoothly. Service users were rapidly placed to real-world accommodation in order to reduce lengthy pre-placement programs. They could experience the benefits immediately and increased satisfaction towards hospital service, as well as the challenges of those situations and therapist gave flexible support in the initial period.

## **Result**

From April 2008 to March 2012, there were 255 referred patients participated in community-based occupational therapy services with total attendance of 650. 117 patients joined in the SLP and 103 patients were successfully placed and overall success rate was 85%. The rest of 15% were changed plan and majority of them were discharged back previous home with relatives. Family intervention or Supported Employment was arranged instead. Occupational Therapist has achieved to contribute her professional expertise in supporting the service users by collaborating with multi-disciplinary staffs within and outside hospital.