



Service Priorities and Programmes Electronic Presentations

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Enhancement of patient empowerment in mental health recovery process at Yung Fung Shee Psychiatric Day Hospital

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Keywords:

Recovery

Empowerment

Introduction

'Master of the activity (當家作主)' and 'Suggestion for improvement meeting (優化會)' are programs to enable the chronic mentally ill patients in taking control of their needs and achieving their full potential. This can enable them to live in a community of their choice with a meaningful life. They feel free to decide and arrange their choice given; actively and independently master the whole program process and able to evaluate result with staff of Psychiatric Day Hospital (PDH), Yung Fung Shee Psychiatric Centre.

Objectives

Master of the activity (當家作主) Objective: To empower patients by developing strength-based activities over diversity of choice and peer support boosting
Suggestion for improvement meeting (優化會) Objectives: To increase self-image by respecting their status and ownership at PDH To improve service quality from patients' perspectives

Methodology

Master of the activity (當家作主) started in 4/2014 and now to be an on-going program to strengthen patients to design their own preferred outdoor activities through patients' group discussion and meeting, they finally well summarize ideas to put into practice. Suggestion for improvement meeting (優化會) started in 7/2013 till now it is an association held by patients themselves with minimal support and facilitation from nurses and occupational therapists of PDH. The committee is mainly held by patients' representatives who are elected by voting. The elected committees possess status and roles expressing patients' voices on various improvement aspects e.g. PDH policy and rules, physical environment, facilities, equipment, meal, staff performance, activity schedule or patient benefit.

Result

These two programs had been successfully organized by patients on monthly basis.

The programs are to enhance patients' recovery journey, the feedbacks are greatly positive and encouraging; most patients' opinions showed their strong desire to keep it as on-going programs, and so the programs are carried on till now. Some patients are chosen to be the regular members even they are discharged from PDH, of which patient empowerment is proved to be prominently success in this way.