

Checklist for Community Re-integration

Skills Development for Community Re-integration

Vocational:

- Work experience
- Part-time/full-time work

Educational:

- School
- TAFE
- Alternative

Self Care:

- Personal Care
 - Eg. Grooming, healthy eating, hygiene, sleep patterns, relaxation, dressing
- Community management
 - Eg. Meal Preparation, groceries, road safety, public transport, driving, money management, forms, communication, bills, organisational skills

Leisure /Recreational:

- Active
 - Eg. Sports, travel, fitness
- Quiet
 - Eg. Interests/hobbies

Social Networks:

- Eg. developing/maintaining friendships, planning social activities, community supports

Community Re-integration

Accommodation:

- Supportive
- Independent living skills

Financial support:

- Centrelink

Community Linkages:

- Medical follow up
 - Medication (discharge scripts)
 - GP handover
 - Appointments
- Mental Health Service
- Private Psychologist
- Private Psychiatrist
- Headspace
- Personal Helpers and Mentors
- Guardianship

Family Support / Psycho-education:

- Family meeting
- Home visit

Service Handover Documents:

- Inter-Service Communication Plan (Crisis Contacts)
- Crisis Management Plan
- Risk Assessment
- Relapse Prevention Plan
- Behaviour Management Plan
- Discharge summary
- MDT reports
- OIS End of Episode
- School Individual Education Plan (IEP)
- Guidance Officer handover
- Therapy handover
- Dietetic handover where relevant