

# INDIVIDUAL PSYCHOSOCIAL REHABILITATION & SUPPORT SERVICE (IPRSS)

Individual Psychosocial Rehabilitation & Support Service (IPRSS) is a recovery oriented rehabilitation and support service for people living with a mental illness.

It is provided one-on-one in a person's home and local community. Support is tailored to suit the individual and will increase or decrease in response to changing needs.

## Who can use IPRSS?

IPRSS is aimed at helping people who are supported by Community Mental Health Services and would like increased support to further develop the knowledge, skills and confidence needed to recover and live independently in the community.

## How can IPRSS help?

Support will vary according to the goals and needs of each individual IPRSS can support people to:

- Develop routines to maintain their home, manage finances and budget
- Explore and access alternative housing options
- Relocate to new accommodation
- Develop independent daily living skills
- Organise a structured daily routine
- Meal plan, cook and shop for ingredients
- Access community-based social and recreational activities
- Access education and vocational training leading to volunteering or employment
- Gain confidence in using public transport
- Develop a healthy lifestyle

## How does IPRSS work?

IPRSS is provided by non-government organisations in partnership with Government Mental Health Services. UnitingSA provides this service in the North Eastern Metropolitan Region, Western Metropolitan Region, Outer Southern Metropolitan Region and Northern Country Region. UnitingSA will organise a community support worker to work alongside the person, focusing on personal goals prioritised by them.

An Individual Support Plan (ISP) lists the person's goals and an action plan to achieve them. This is reviewed every three months. It is developed in consultation with the person, the government mental health worker and any other person the support recipient would like involved (e.g. family member and/or carer).

The aim is for the person to gain skills and confidence to pursue their interests and aspirations, and manage their life independently in the community.

## How does a person access IPRSS?

In order to access this service a government mental health worker, together with the person, need to complete an application or referral form.

Once this has been approved, the documents will be given to UnitingSA and a community support worker will be assigned.



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SA Health

The mental health worker will arrange the meeting and introduction of the community support worker.

At times there may be a waiting list to receive support, however we will always attempt to minimise waiting times.

### **What happens when someone is referred?**

Once a person is referred and allocated a community support worker, an Assessment of Need is completed. The assessment covers a broad range of life domains and is used to guide the development of the ISP.

The ISP will detail tasks and timelines, including how often the community support worker will visit and what should be expected of both them and the person receiving the service.

Review meetings of the ISP are held every three months. They involve the person, mental health worker, community support worker, as well as family and carers (where appropriate).

The purpose of these meetings is to come together and discuss how the goals outlined in the ISP are progressing. It is used as an opportunity to review the effectiveness of support, track progress and set new goals.

The goals identified in the ISP can change over time and as the person's capacity and confidence for community living changes. In some situations a person might be referred to other programs that are more relevant. This will be discussed with the support recipient, carer, government and non-government services. In this situation, a plan for transitioning out of the service will be developed.

### **How much and how often is IPRSS support provided?**

Times and frequency of service are dependent on the needs of the person and are negotiated on an individual basis. Most services are provided during normal working hours; however this is flexible and will vary depending upon the specific needs of the individual.

### **What about confidentiality?**

As part of the application, the person will be asked to complete a confidentiality agreement to allow sharing of information between Community Mental Health Services, UnitingSA and any other parties involved in providing care. This allows the services to work in partnership with the person.

All service providers are required to observe appropriate standards in regard to confidentiality.

### **How do I find out more?**

For more information on IPRSS or to discuss a referral, please contact your local community mental health worker at one of our following locations:

West	(08) 8440 2260
North	(08) 8281 2929
South	(08) 8392 0200
Northern Country	(08) 8649 3716