

Mental Health Services 2011

Inspection of Community Residences

EXECUTIVE CATCHMENT AREA	Carlow/Kilkenny/South Tipperary
HSE AREA	South
MENTAL HEALTH SERVICE INSPECTED	Kilkenny
RESIDENCE INSPECTED	Riverside Drive, Kilkenny
TOTAL NUMBER OF BEDS	3
TOTAL NUMBER OF RESIDENTS	3
NUMBER OF RESPITE BEDS (IF APPLICABLE)	0
TEAM RESPONSIBLE	Rehabilitation
DATE OF INSPECTION	15 June 2011

Description

Service description

The community residence at Riverside Drive was a semi-detached house in a residential area of Kilkenny city. The house was built in the late 1960s and was opened as a residence 27 years ago. The residents were under the care of the rehabilitation team and one resident had been in the house since it opened as a residence. The residence provided low support to the residents and was not staffed 24 hours daily. Only one resident was in the house on the day of inspection, and called the community nurse (CPN) on the arrival of the inspector. There was a pay phone in the hall which allowed calls free of charge to the community nurse.

Profile of residents

There were three residents, two female and one male. They ranged in age from 27 to 56 years of age, and had been resident from between 10 months to 27 years. In general, people did not stay long-term in the house, but moved on to other, more independent accommodation.

Quality initiatives and improvements in the last year

- A care assistant visited the house on one afternoon per week and helped residents prepare an evening meal.

Care standards (based on Mental Health Commission- Quality Framework for Mental Health Services in Ireland 2007 and the 2008 inspection self-assessments)

Individual care and treatment plan

It was reported that residents had written care plans and these were kept in the Day Hospital. It was reported that residents were offered the opportunity to sign their care plan, although at least one resident did not recall this. Each resident attended their own general practitioner (GP) who carried out a six monthly physical examination and blood tests. Psychiatric reviews were carried out every three to six months in the day hospital.

Therapeutic services and programmes provided to address the needs of service users

Two of the residents attended a day centre or industrial therapy between two and five days per week. One resident was engaged in a rehabilitation /educational programme. One resident prepared all her own meals during the week.

How are residents facilitated in being actively involved in their own community, based on individual needs

It was reported that residents enjoyed good relations with neighbours. Residents did some shopping and went for coffee in the town, which was easily accessed on foot or by taxi.

Do residents receive care and treatment in settings that are safe, well maintained and that respect right to dignity and privacy

The house inside was reasonably well maintained although the garden, front and back were in poor condition; part of the fence outside the front of the house was broken, and paint was peeling from it. Each resident had their own bedroom which was in good decorative order; there were communal

sitting and dining rooms and a kitchen which was equipped with all modern conveniences. There was one small bathroom which was without a shower; it was reported that the residents had requested a shower some time ago. A copy of a fire inspection was displayed in the hall.

Staffing levels (full time in residence)

STAFF DISCIPLINE	DAY WTE	NIGHT WTE
CNM 2	1	0
Care Assistant	One session per week	0

Clinical Nurse Manager (CNM), Registered Psychiatric Nurse (RPN), Non Consultant Hospital Doctor (NCHD).

Team input (sessional)

DISCIPLINE	NUMBER OF SESSIONS
Consultant psychiatrist	None
NCHD	None
Occupational therapist	None
Social worker	None
Clinical psychologist	None
Other – <specify here>	None

Describe team input

Residents were reviewed by the team every three to six months, as required. These reviews were held in the day hospital. Most residents were referred from supervised residences and all referrals were considered by the multidisciplinary team at their monthly meeting.

Medication

Medications were held in a locked press in the house. One resident was self-medicating. Any medical personnel – consultant, NCHD or GP could write on the medication kardexes, which was then brought to the GP for the prescription to be transcribed onto a medical card form. Medication was then procured from a local pharmacist. Depot medication was administered in the residence.

Tenancy rights

The house was owned by the Health Service Executive (HSE) and there were no tenancy arrangements with residents. Rent was set at €40 per week; residents also contributed to a 'kitty' which went towards payment of utility bills. Food was purchased weekly by the community mental health nurse (CMHN) with additional funds. Two years ago, the house was painted and new curtains and bedding was purchased by the mental health service.

Financial arrangements

Each resident had their own bank account and handled their own finances. Staff did not deal with residents' money.

Leisure/recreational opportunities provided

The house was equipped with a television, radio and music CDs. At week-ends, staff brought residents on outings and day trips. One resident had published a book of poetry.

Service user interviews

One resident was in the house during the unannounced inspection. The resident reported that she was quite content in the house, which she regarded as her home. Information on advocacy was displayed in the hall.

Conclusion

The community residence at Riverside was homely and provided accommodation for three residents. There was ready access to a community nurse who visited the house once or twice daily as a routine and each resident participated in some form of therapy throughout the week. Residents paid a relatively low rent and recently, because of the expense involved, the maintenance of the garden was switched from a local contractor to the maintenance department at the Department of Psychiatry in St. Luke's Hospital.

Recommendations and areas for development

- 1. A new shower should be installed.*
- 2. The arrangement for maintaining the outside of the house should be clarified to ensure adequate provision of gardening services.*