

**A FRAMEWORK FOR MENTAL HEALTH SERVICES IN SCOTLAND**  
**SECTION 2. CORE SERVICE ELEMENTS**

**SERVICES FOR ORDINARY LIVING AND LONG-TERM SUPPORT**

Service Element	Description of Needs	Ways in Which Services May Respond
<b>Housing</b>	<p>A long-term strategic approach to the planning and provision of a range of accommodation is needed: the needs of people with mental health problems range from 24-hour staffed support to occasional support in independent living. The Care Programme Approach and the general NHS discharge arrangements require <b>that accommodation, and associated support, appropriate to need is in place in the community before any patient is discharged.</b></p> <p>A flexible approach is needed to allow services to be adapted as individual conditions change.</p> <p>As far as possible, people need their own tenancy with sufficient health, care and housing support, separately provided.</p>	<ul style="list-style-type: none"> <li>• Access to mainstream housing with appropriate support services.</li> <li>• Broad range of special needs housing.</li> <li>• Multi-agency forum of key agencies to plan for overall housing need, including local housing authority.</li> <li>• Locality-wide specialist teams to support people in their own homes, over a 24-hour period.</li> <li>• Mixed economy approach including independent Housing Associations (providing capital, housing management and possibly specialist or other support).</li> </ul>
<b>Long-Term Social Care</b>	<p>People with severe and/or enduring mental health problems can live independently, with appropriate practical and emotional support or with informal carers in unstaffed/staffed supported housing.</p> <p>They need to understand and be supported in the responsibilities of sustaining a tenancy, and need to maintain or learn skills in cooking, self-care, housework, budgeting, using shops, local transport, pay phones etc.</p> <p>Overcoming social isolation and stigma is important. Practical support needs to be supplemented by emotional support and long-term monitoring for highly vulnerable people. By virtue of their level and complexity of need, individuals face significant challenges in maintaining independent living and will need practical and emotional personal support possibly for many years.</p>	<ul style="list-style-type: none"> <li>• Community mental health team provision, through either all workers or dedicated specific workers, for example community support workers.</li> <li>• Locality-wide rehabilitation service.</li> <li>• Targeted outreach and support services (unqualified staff, linked to community mental health teams/rehabilitation services, or an independent service) to people in both independent and staffed settings.</li> <li>• Home care.</li> <li>• Independent sector support linked to accommodation.</li> <li>• Public education programme to promote improved understanding of mental health problems.</li> </ul>