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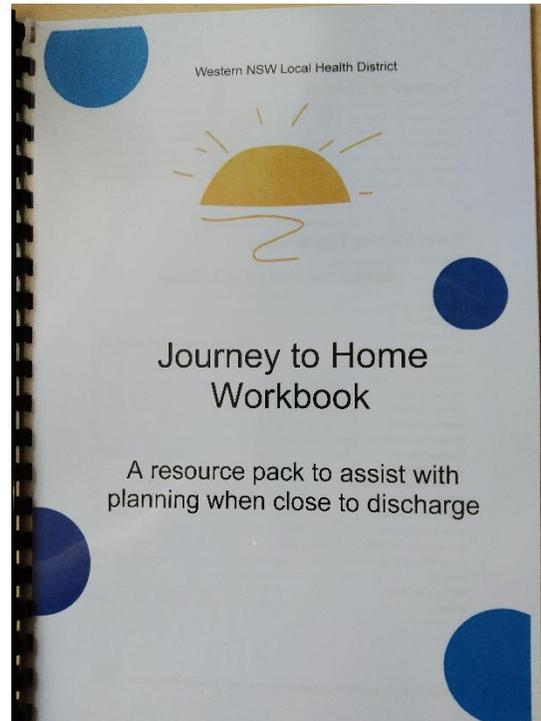


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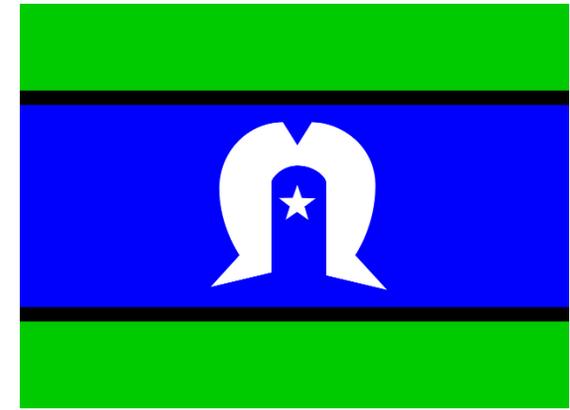


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# Journey to Home – Person-centred Recovery-oriented Resources for a Successful Transition to Community



Compiled by PCLI Peer Worker Glenda Paton – Western NSW LHD



Acknowledgement of Country

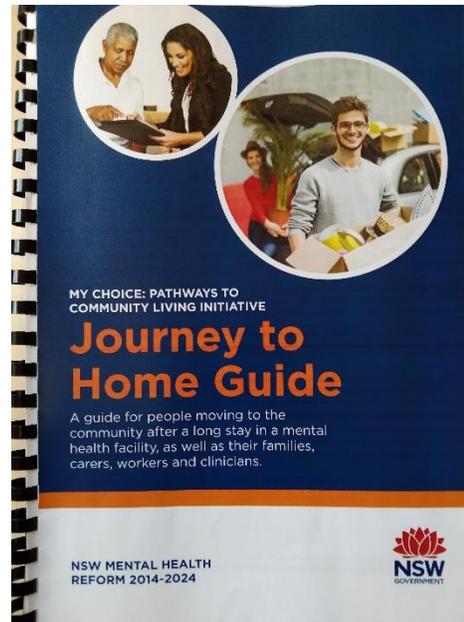
Acknowledgement of Lived Experience



# Glenda Paton – Peer worker Pathways to Community Living Initiative

Glenda has been working on **Castlereagh ward** for 5 years

Employed by PCLI,  
NSW Health



Consumers in hospital  
365 days +

PCLI has a **Journey to Home Guide** which was the original motivation in creating the resources and templates in **Journey to Home workbook**

# The Setting for this Project

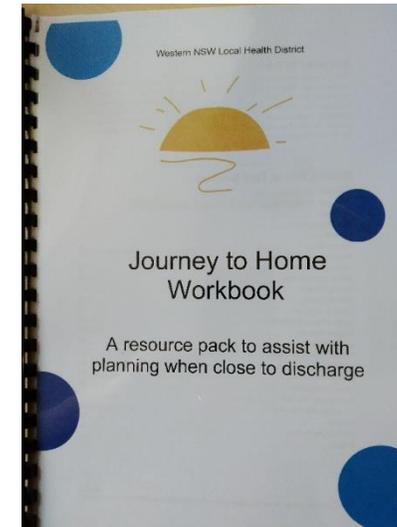
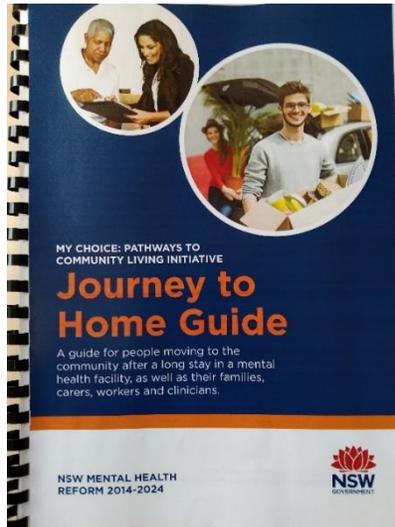
This project was created for  
20 adult male consumers living in Castlereagh ward  
a state-wide medium secure long term mental health rehabilitation  
ward located in Bloomfield Hospital, Orange NSW, part of  
Western NSW Local Health District



# Journey to Home workbook

Based on activities suggested in PCLI Journey to Home guide

Resources assist consumers with their move into the community



Assists support teams to have a good understanding of how best to support the consumer

# What's Inside?



- Physical health activities -

Simple physical activity ideas

Exercise program

Recipes

Weekly Activity Planning Table

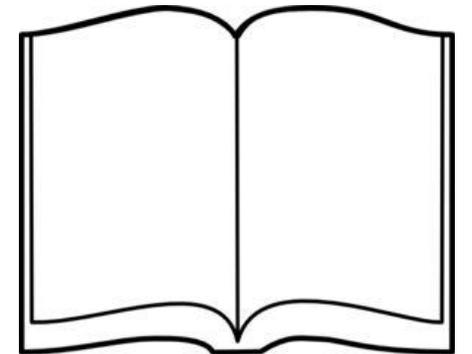
Wellness Plan

Positive steps to Wellbeing



# What's Inside?

Sensory preferences  
Psychologist tips  
Resources for recovery  
Introduction for My Support Team  
Traffic Light Report  
My Strengths and Qualities  
Living in a Share Home- Checklist for Transition  
Interest Checklist  
My Favourite Activities  
Simple budget



# Exercise Program

Easy stretches and exercises from exercise physiologist

Illustrated diagrams included for each exercise

For example:

Wall press-up

Squats

Calf raise

Calf stretch standing



# Wellness Plan

**Things I do well and skills I have**

**Things I can do to keep myself well / what helps me stay well**

**Supports/treatments/medications that have been helpful and/or I have liked**

**Supports/treatments/medications that have been unhelpful and/or I have disliked**

**Things that stress me**

**Things I can do to reduce stress**

**My early warning signs**

**Things that help with early warning signs**



# Positive Steps to Wellbeing

Be kind to yourself

Eat healthily

See the bigger picture

Exercise regularly

Relax

Have some fun and / or be creative

Take up a hobby and/or learn a new skill

Connect with others

Balance sleep

Help others

Beware drink and drugs

Accepting: 'It is as it is'



## Recipes

Spaghetti bolognaise

Pasta carbonara

Chicken/beef/vegetarian burger

Pizza

Vegetarian/beef nachos



My Favourite Recipe

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# How are consumers' physical health needs addressed on Castlereagh ward?

Medical officer on duty

Weekly bushwalks

Gym access

Exercise physiologists run exercise groups

Daily morning and afternoon walk

Boxing bag and basketball hoop

Weekly weighing

Daily blood pressure checks



# How does it happen?

Consumers in **the last 2-3 months** of hospital admission  
Short **individual** sessions of **10-15 minutes** work best in my setting  
Entered into **EMR Electronic Medical Record**



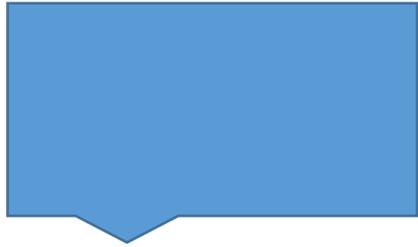
## Results so far

During this project, **8 consumers** have been involved with the booklet  
**3 consumers** completed activities prompted from the PCLI Journey to Home guide but not yet compiled in a booklet.

**3 more consumers** have discharged successfully having completed the booklet.

**2 consumers** who are currently inpatients close to discharge have completed the booklet's resources.

So far none of these have been readmitted to hospital following discharge



# Feedback from consumers

Feedback from consumer T 15/03/2023

Has the Journey Home workbook been helpful to plan for transition to the community?

Very helpful

Which sections of the workbook did you find the most helpful to complete?

Introduction for My Support Team

My Strengths and Qualities

My favourite activities

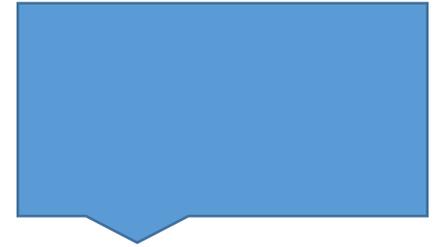
Wellness Plan

Grounding techniques

How hopeful are you that you will successfully transition to the community without needing to come back to hospital? Very hopeful

What was the best part about your admission to Castlereagh? The routine

# Feedback from consumers



Feedback from consumer J 21/03/2023

Has the Journey Home workbook been helpful to plan for transition to the community?

Moderately helpful

Which sections of the workbook did you find the most helpful to complete?

My strengths and qualities

Activity planning table

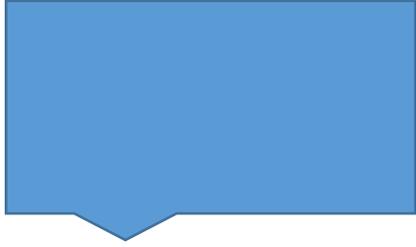
My favourite activities

Wellness Plan

Grounding techniques

Mindfulness

Exercise program



# Feedback from staff

It has provided a really valuable resource for our guys who are transitioning to the community and their carers, and I'm sure it will be very useful to others working in similar settings as well as having more widespread utility.

- Psychiatrist, medium secure rehab unit

Your journey to home guide has been so well received by my team – I wanted to thank you. It's really awesome.

- PCLI Peer Worker

The budget exercise is very beneficial, the physical exercise and activities checklist are very beneficial I found Activity Planning Table to be slightly cramped; I personally use a 7pm-9pm table for my own behavioural activation

- PCLI Peer Worker



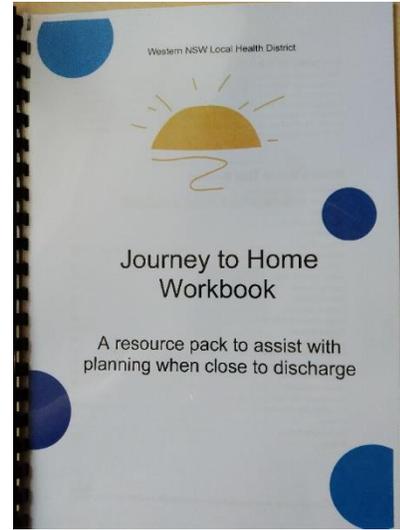
## Where to next?

PCLI (Pathways to Community Living Initiative)  
peer workers across NSW are also using this workbook

Other wards situated at Bloomfield Hospital, such as Turon, a state-wide female mental health rehabilitation ward have used the booklet

Useful in both community and inpatient settings

# Would you like a PDF copy?



If you would like a PDF copy of the Journey to Home booklet  
please email me at [glenda.paton@health.nsw.gov.au](mailto:glenda.paton@health.nsw.gov.au).

Please note I work part-time so may not get back to you straight away

# References

NSW Ministry of Health 2020, *PCLI Journey to Home Guide*, St Leonards, NSW.

Paton, Glenda 2022 *Journey to Home Workbook*, Orange NSW.

Vivyan, Carol 2010 *Positive Steps to Wellbeing*, [www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

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# Any questions?

