

## NMHC Spotlight Report Project: person-centred care and consumer directed care in mental health

### Plain language summary

Person-centred care and consumer directed/led care are common terms used in health services and discussed amongst consumer leaders and clinicians. They also influence care expectations in public mental health services and non-government mental health services.

This project is about doing research, consultation, and coproduction to better understand how each term is understood and practiced within publicly funded mental health services.

Our aim is to gain more clarity and detail on how services, consumers, and carers see both person centred and consumer directed/led care in practice. This can occur by gaining peoples perspectives on how each approach works (or can work) and collecting examples of good work and ways in which the principles of person-centred or consumer directed/led care are achieved.

This includes understanding how these care approaches work when services can direct care via treatment orders or other mental health laws.

We recognise that consumers, carers, community representatives, peer workers, nurses, social workers, psychiatrists, occupational therapists, psychologists and policy makers may all see these care approaches in different ways.

The resulting spotlight report will be published by the National Mental Health Commission as a way of promoting understanding and discussion across the Australian mental health fields.

- **Consultation** will occur with diverse consumer, carer, community groups, clinicians and professional groups on their perspectives on person centred and consumer directed/ led care
- **Published research** about the evidence of good outcomes will be included in the report.
- **Coproduction** will occur with a group of consumer, carer, community and clinician advisers involved in designing the final report, including the key directions, themes and recommendations.

For further information about the project, please contact Joshua McDonough, Project Manager, Tel 08 8302 5988 or email: [joshua.mcdonough@unisa.edu.au](mailto:joshua.mcdonough@unisa.edu.au)