

# Referral Criteria and Process

An application form must be fully completed by a mental health professional and include information on risk.

To qualify for services, individuals must:

- Be experiencing, or be recovering from, mental ill health
- Be over 18 years old at the time of referral
- Have a range of support needs appropriate to the service
- Be agreeable to the referral being made

The team supports individuals with mental ill health to live with increased independence and involvement in their local community. We support them to achieve their goals and enhance their quality of life, as well as encourage, motivate and support them through their mental health recovery journey.

100% of residents in a 2020 survey stated that the staff were kind.

Empowering lives that are valued, meaningful and inclusive, regardless of the complexity of need, every day.

Praxis Care's Mission



[praxiscare.org](http://praxiscare.org)

## Enquiries or Referrals

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# Lurgan DISH

## Dispersed Intensively Supported Housing



"Talking to support workers makes me feel better when my mood is low."

- Resident



# About Praxis Care

## Shaped around the individual

- We are a health and social care charity with 40 years' experience.
- We work with over 1,500 people with mental ill health, autism spectrum conditions, learning disabilities and dementia.
- Our services are innovative, professional and high-quality for people across the spectrum of need, particularly at the higher level of complexity.
- Our services for children, young people and adults are spread across Great Britain, Northern Ireland, the Isle of Man and the Republic of Ireland.
- We co-develop bespoke plans for individuals in a range of community settings — dynamic to changing need and focused on meaningful individual engagement and outcomes.

# DISH

Lurgan DISH provides support to adults within their own homes. The service provides recovery-based care and support to individuals with mental ill health.

This service is commissioned by the Southern Health and Social Care Trust and the Department of Community's Supporting People Programme, administered by the Northern Ireland Housing Executive, to provide support to individuals in and around the Lurgan area.

Staff are available from 9 am to 9 pm, seven days a week.

## Aims of the Service

- Promote recovery by providing appropriate quality care and support to individuals with mental health issues
- Promote the principles of choice, respect, dignity, citizenship and confidentiality
- Provide housing-related support to maximise the independence of individuals and maintain them in their own tenancy
- Provide a person-centred approach in support planning
- Prevent hospital admissions and work with individuals to achieve and maintain independence in the community
- Ensure residents' involvement in the service
- Ensure that the individual's emotional, social, intellectual, physical and support needs are met

**"They go beyond the call of duty."**

- Relative

# Range of Support Available

## Setting up a home

- obtaining appropriate housing
- acquiring necessary household items
- locating local services and amenities

## Maintaining a home

- support with paying bills
- maintaining the property and reporting repairs
- ensuring safety around the home

## Developing social skills

- maintaining relationships with family and friends
- maintaining relationships with neighbours
- assistance getting involved in social and community activities

## Developing life skills

- assistance with activities that encourage greater independence
- assistance in accessing education courses
- assistance in finding work or appropriate daytime activities
- support with shopping and meal preparation
- dealing with correspondence
- assistance with staying safe

## Benefit advice & budgeting

- assistance accessing benefits
- support with budgeting and managing finances

## Health & wellbeing advice

- encouragement to keep appointments
- support maintaining appearance and hygiene
- recovery-based support with mental health issues
- advising on physical and sexual health

- encouragement to get involved in sports and exercise

## Accessing appropriate help

- signposting to appropriate professional services, such as debt management, or other mental health services

## Care tasks

- help and support managing medication
- health care tasks
- specific rehabilitation tasks
- therapeutic behaviour management

**94%** of people felt involved in their care and support in a 2020 survey of Lurgan services

