



## Mental Health Services for Older Adults (MHSOA)

**Mental Health Services for Older Adults (MHSOA)** has three community based teams, North, Rodney and West, made up of skilled health professionals to help you in times of illness or difficulty. Their contact details are on the back of this flyer.

### The teams

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The teams consist of doctors, nurses, social workers, psychologists, occupational therapists and administration staff who are trained to deal with mental health issues that can arise in later life.

### Keyworker

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A 'keyworker' will be assigned to you. They will arrange an appointment with you so that they can make an accurate assessment of your needs.

Your keyworker may ask other people (e.g. family member or someone else who you know) to contribute information or may request further investigations.

Your **keyworker** is: .....

### Treatment options

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- Once your assessment is completed, treatment options and available community resources will be discussed with you.
- When a course of treatment has been agreed, your keyworker will help co-ordinate this by providing information, support, therapy, prescriptions, etc.
- Monitoring will continue until your care can be returned to your doctor (GP).

### Family meetings

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In a time of crisis, it is frequently helpful to meet your family/ whānau, so that they can be part of your treatment planning.

If appropriate your keyworker will arrange a family/ whānau meeting with you.

### Admission to hospital

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Treatment will generally be provided at home. However, should you require admission to hospital your keyworker will arrange this with you.

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## Medication

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If medication is prescribed by a MHSOA doctor, staff will explain the likely benefits and how to recognise any potential side effects. Please telephone your keyworker if any clarification is needed.

We will be in regular contact with your doctor (GP) who will continue to prescribe your regular medications and monitor your physical health.

## Hours of service

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Monday to Friday 8.30am to 4.30pm.

## Contact details

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### North and Rodney Teams

9 Karaka Street

Takapuna

Phone: (09) 486-8920 ext 42805

### **Emergencies**

During **normal working hours**, try us first!

**After hours or weekend**, please contact: **(09) 486 1491** and ask for the **Crisis Team**.

### West Team

3<sup>rd</sup> Floor, Snelgar Building

Waitakere Hospital

Lincoln Road, Henderson

Phone: (09) 837-9100; or (09) 839-0000 ext 46900

### **Emergencies**

During **normal working hours**, try us first!

**After hours or weekend**, please contact:

**(09) 822 8501** and ask for the **Crisis Team**.

**We are available to talk to you about any aspect of your care – please ask us if you need more information or support of any kind.**

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