

Subjective Quality of Life: Key to Personal Recovery

‘Quality of life’ evaluation for individuals with severe and enduring mental illness transitioning from institutional residential care to supported community living with access to Rehabilitation and Recovery Mental Health Services

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Background

‘A Vision for Change, 2006’ placed emphasis on person-centred, recovery-oriented, community-integrated treatment. The high support residential hostel in Tuam ‘Toghermore House’ is not integrated into the community and was scheduled to be closed as a residence in the last quarter of 2019. The individuals whom accessed support from Toghermore House were offered residential places in community settings in the urban area of Tuam with support plans according to individual assessed needs.



Aims and Objectives

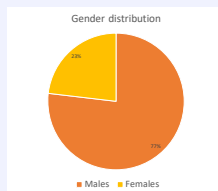
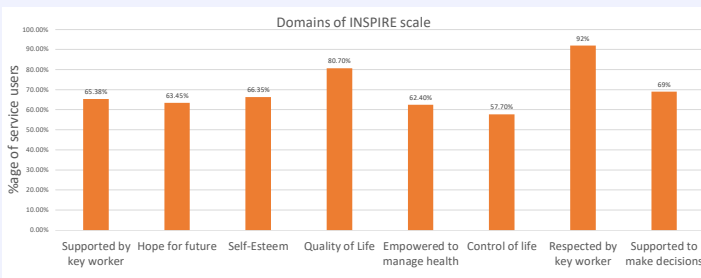
- 1) To assess the quality of life and qualitative views of all individuals accessing the services of the Rehabilitation & Recovery Service and who are residing in supported and independent accommodation in Tuam
- 2) To evaluate the views of family members of individual service users as they engage with rehabilitation.
- 3) Re-evaluate one year after moving to community settings.

Methods

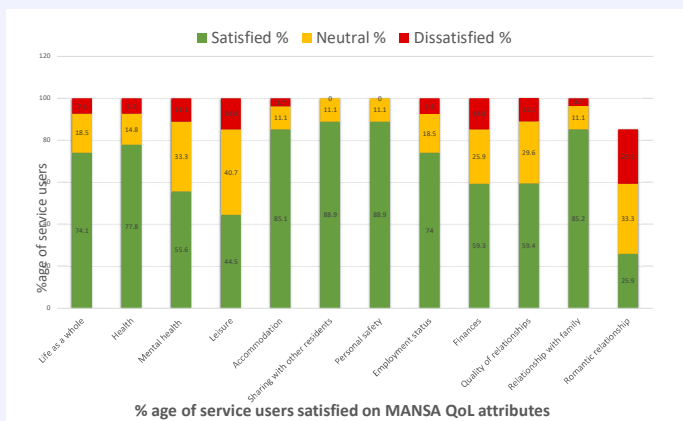
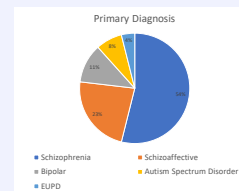
Descriptive longitudinal study. Scales used:

- 1) INSPIRE scale - information about subjective views on support and relationship of individual with their assigned keyworker.
- 2) Manchester Short Assessment of Quality of Life Scale (MANSA) - both objective and subjective components
- 3) Locally developed survey questionnaire for family members.
- 4) Data analysis - SPSS 24

Results



Mean Age=52.5 y
Mean age at leaving school= 16 y
Mean duration of illness= 28 y & 3 m
Employed= 3



Family Members and Qualitative Survey

12 family members responded - all close relatives
Most comments were positive - felt involved and supported by the team

Conclusion

- Three quarters of participants reported having a good quality of life & reported satisfaction with their overall health and current living arrangements
- Only half of the participants felt in control of their lives.
- Overall expectations were low.
- Individuals surveyed have had long durations of illness and still require the supports of mental health services.
- Meaningful occupation and subjective supportive therapeutic relationships are predictors of enhanced quality of life.
- Service developments for individuals with severe and enduring illness would benefit from evaluating the impact of services on quality of life measures to ensure they are person-centred and recovery orientated.
- Future research may be directed to measure Quality of Life for individuals who have benefitted from Early Intervention in Psychosis services in the evaluation of new services

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Repeat Submission: None

