

St Patrick's
Mental Health Services



Homecare Service

**Quality
assessment and
treatment delivered
remotely**



St Patrick's Mental Health Services

St Patrick's Mental Health Services is Ireland's largest independent, not-for-profit mental health service provider, providing inpatient and Homecare services from sites at St Patrick's University Hospital, St Patrick's Lucan and Willow Grove Adolescent Unit, as well as community and outpatient services through its nationwide Dean Clinic network.

Homecare Service

Homecare is a tailored mental healthcare service, offering the highest quality assessment and treatment, delivered to service users remotely, as an alternative to admission to an inpatient facility. The service is available for adults and adolescents over the age of 12.



What does Homecare offer?

The Homecare service provides a level of care similar to that provided to an inpatient, however, all elements of this service, including assessment, can be delivered to you remotely via telecommunications. This does not include a physical assessment.

Service users availing of this programme are placed under the care of a consultant psychiatrist and a specific multidisciplinary team (MDT), and will receive;

- An individual care plan
- Daily, or more frequent contact from a member of their MDT by video call or by phone
- Regular medication reviews (if relevant) and delivery of prescriptions to local pharmacies (the cost of medication is covered by St Patrick's Mental Health Services)
- Appropriate individual therapy sessions
- Ongoing psychotherapeutic interventions
- 24 hours per day, seven days per week support
- Remote access to a range of therapeutic, recreational and social activities.

Who is part of a multidisciplinary team (MDT)?

- Psychiatrist
- Registrar
- Psychiatric nurses
- Team liaison nurses
- Clinical psychologists
- Counselling psychologists
- Social workers
- Occupational therapists
- Pharmacists

Other special therapists may also be involved in our service users' care.



Technical Support

Using video call, phone or email, the Homecare service delivers the care needs of service users using the best available and most appropriate technology.

A dedicated Service User IT Helpdesk can assist service users if they need technical support or if have any issues accessing their appointments through Microsoft Teams.

This helpdesk is available Monday - Friday, 9.00am - 5.00pm on **01 249 3629** or via email on **suits@stpatricks.ie**



Your Portal

St Patrick's Mental Health Services' online service user portal enables service users to record, share and view their own health-related information using their computer, smartphone or tablet.

'Your Portal' provides service users on Homecare the option to share their records with other healthcare providers or supporters such as family members or their GP.

For more information on 'Your Portal', please visit **stpatricks.ie/your-portal**



Frequently Asked Questions

1. How is suitability for Homecare assessed?

All referrals for Homecare are reviewed by a consultant psychiatrist and a team of experienced clinicians to assess suitability. Anyone accessing our services remotely is provided with guidance and instructions before their scheduled appointment or virtual admission.

2. Is Homecare covered by health insurance providers?

The Homecare service is covered by the main health insurers, check with your insurer for confirmation of your plan cover.

3. Do service users receive the same level of care as they would on-site?

Homecare is designed to provide an effective alternative service to inpatient in-person admissions for appropriately assessed service users. The assessment, care and treatment is comparable in many ways to that received by service users who attend in person. However, as with all mental healthcare interventions, successful recovery needs the full and active participation of the recipient of care.

4. What if a service user needs to be admitted to hospital while under the care of Homecare?

Where necessary, an in-person, inpatient admission will be arranged if a person's state of health requires in-person care and treatment.

5. What diagnosis-specific programmes are available?

Addiction services, anxiety disorders, bipolar disorder, depression programme, eating disorders, psychosis recovery programme, young adult programme, older adults, and individual therapies such as CBT. Once referred to a member of the MDT team, the programme clinical staff will assess a service user's suitability for day programme options.



Referrals to Homecare

GPs can send eReferrals electronically via Healthlink or their GP Practice IT Management System (such as Socrates or HealthOne). This is a secure and fast way to send referrals, with a copy of the referral automatically saved into a patient's records on the GP Practice Management System.

To download a referral form or to access a step-by-step guide to referring electronically to St Patrick's Mental Health Services, please visit **stpatricks.ie**.

To contact our Referral and Assessment team, please call **01 249 3635**.



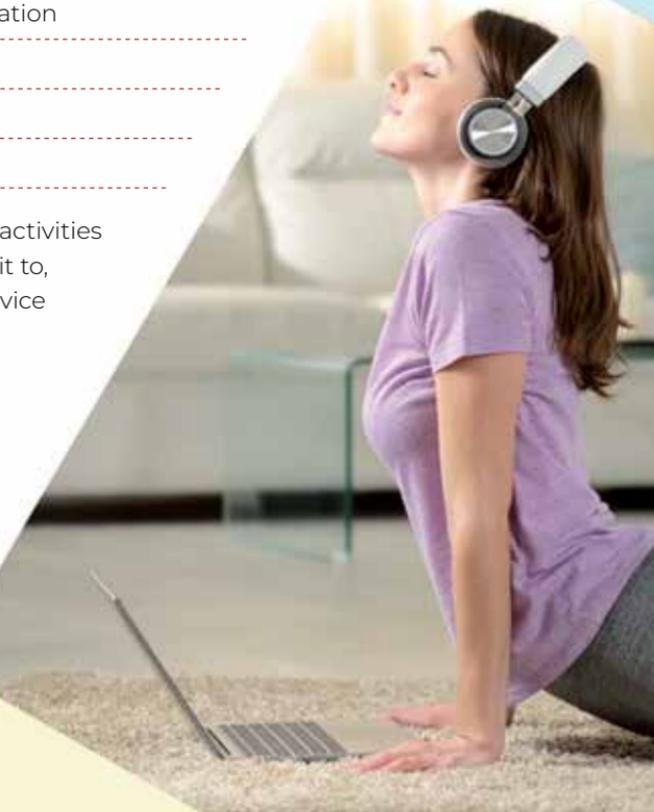
Social and recreational activities

Service users on Homecare are actively encouraged to participate in general therapeutic activities and programmes. Sessions are not compulsory; however, participation is encouraged as it helps to embed the individual elements of their care and treatment in to their recovery.

Activities include:

- Pillars of Wellness programme
- Daily morning lecture (Mon - Fri)
- Weekly occupational therapy lecture
- Social work lecture
- Cognitive Behavioural Therapy lecture
- Recovery tools lecture
- Open dietetics
- Anti-tension relaxation
- Mindful yoga
- Yoga nidra
- Art therapy

We also offer one-off activities that may be of benefit to, and enjoyable for, service users.





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stpatricks.ie

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