

Mental Health Services 2011
Inspection of Mental Health Services
in Day Centres

DAY HOSPITAL INSPECTED	Loughrea Day Centre
EXECUTIVE CATCHMENT AREA	Galway, Mayo, Roscommon
HSE AREA	West
CATCHMENT POPULATION	110,100
LOCATION	Loughrea, Co. Galway
TOTAL NUMBER OF PLACES	65
DATE OF INSPECTION	1 June 2011

Details

Service description

The day centre in Loughrea was situated in the town in a period house that had been renovated and was spacious. It was open Monday to Friday from 0900h to 1700h and was open at lunchtime. Attendance was on a sessional basis where service users attended for specific therapies rather than attending all day. The day centre had close links to the training workshop located nearby.

The social worker, occupational therapist and psychologist had their offices in the day centre.

The day centre had a number of large rooms, one of which was a multi-sensory room. There was a comfortable consultation room and a number of rooms that were used for groups.

Premises

CHECKPOINT	RESPONSE
Are the premises part of a psychiatric hospital?	No
Are the premises an independent building?	Yes
Are the premises purpose built?	No
Are the premises accessible by public transport?	Yes
Is the sector HQ located in Day Centre?	No
How many activity rooms are there for service users?	6
How many service users are attending?	65
Is there a facility for providing hot meals?	No

Referral procedure

Service users were referred through the multidisciplinary sector team. This followed a full core assessment including a risk assessment by a member of the multidisciplinary team. Each service user was assigned a care co-ordinator.

Staffing levels

POST	NUMBER WTE	SESSIONS PER WEEK
Consultant psychiatrist	1	As required
Nursing staff	2	As required
NCHD	1	As required
Occupational therapist	1	As required
Psychologist	1	As required
Social worker	1	As required
Addiction therapist	1	As required

Range of services provided

There was a full day's timetable of activities in the Day Centre which was very impressive. Service users attended these activities on a sessional basis as part of their individual care plan. The activities included a Wellness and Recovery Action Plan, psycho-education, relaxation, watching films, a walking group and art sessions. A horticulture programme was being established.

There were close links with the training workshop.

Service user input

There was a service user council which had access to the senior management team. A service user representative attended the sector business meetings. Community meetings were held on a regular basis in the day centre. Complaints were brought to the attention of the Assistant Director of Nursing and if necessary are forwarded to the complaints officer.

One resident spoke of how pleased he was with the service and liked being able to drop in to talk with nursing staff if he had a problem.

Quality initiatives in 2011

- There was strong service user involvement in the day centre as well as in the sector team as a whole.
- There was a large multi-sensory room which was well equipped.
- A horticultural programme was being developed with the Vocational Educational Council (VEC)
- A full gym had been equipped and was available for use by the service users.

Operational policies

The catchment policies applied as did the sector wide policies. There was a lone worker policy.

Planning

There was no written plan. However the service had made plans to develop the horticultural programme and to renovate the garden area. There were some tentative plans to amalgamate the day centre with the training centre.

Conclusions

The day centre formed an integral part of the community mental health service in Loughrea/Athenry sector. There was strong multidisciplinary input and each service user had an individual care plan and care co-ordinator. The day centre building was impressive with a number of activity rooms, the gym and the developing horticultural programme. The staff impressed as being enthusiastic and there was a full schedule of activities. The day centre was a very therapeutic environment.

Recommendations and areas for development

There are no recommendations for Loughrea Day Centre.