



# Care Coordination

## Connecting care & recovery



### What is care coordination?

Care coordination is the process of helping a person experiencing mental health issues to access services. It involves collaboration between the individual, their family, support persons and health professionals to promote recovery.

### Care coordination is:

- Consumer centered, individualised, recovery-focused and evidence based.
- Consumer directed and driven, to promote engagement with services tailored to your needs and preferences.
- Socially inclusive and supportive of culture and diversity, including sexual, gender and/or body diversity.

### What does care coordination mean for me?

- On engagement with the service a care coordinator will be allocated to you who is part of the mental health team.
- Your care coordinator will be your main point of contact with the service. They will work alongside you, and the mental health team to assess, plan and review your mental health recovery.
- This will include working with your family, support systems, GP and other care providers to ensure you can access the right services and supports.
- Is respectful of your privacy, dignity, independence, and your right to consent to treatment and release of information.

## YOUR CARE: WE CAN WORK WITH YOU TO ACHIEVE:

Valuable Networks

Social and Community Engagement

Employment

Housing

Positive Environment

Well-balanced lifestyle

Health Education

Health Care

Recovery

