

## APPENDIX

### SPECIFICATION FOR DAY OPPORTUNITIES FOR ADULTS WITH A MENTAL HEALTH PROBLEM

The support will be designed for adults with a severe and enduring mental health problem with an eligible need for social care which cannot be met through mainstream services. The Contractor will be expected to provide support and intervention to meet the outcomes both at service level as described in this specification and individual outcomes as identified in an Individual's Support Plan.

#### Outcomes for Adults with a Mental Health Problem

No	Required outcomes	Examples of key outcome indicators
1	The provision of person-centred, flexible care and support.	People are treated as individuals. Evidence of how support is arranged and delivered to meet specific and changing requirements of individuals.
2	People with mental health problems will take part in a range of community activities.	Evidence that the provider has encouraged and supported people to access mainstream sports, exercise, arts, cultural, leisure groups and activities.  Evidence that the provider has encouraged and supported people into volunteering opportunities.
3	People with mental health problems will increase the size of their social networks and be supported to maintain social and caring roles.	Evidence that demonstrates how people are supported to maintain their caring roles, friendship circles and networks.  Evidence to demonstrate that people are supported and enabled to develop positive new relationships and friendships.
4	People will be accessing education and training opportunities.	Evidence that people are being supported and encouraged to begin a mainstream education or training course.
5	People will be raising their employability and be ready for work. People will be supported into and supported in paid employment.	Evidence that demonstrates how people are supported and encouraged to develop new skills or retain old ones.  Evidence that demonstrates how people are encouraged and

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		<p>supported to undertake work experience or work placement.</p> <p>Evidence that demonstrates how people are being supported into paid employment.</p>
6	<p>People are reporting better physical health.</p>	<p>Evidence that individuals are encouraged and supported to begin regular physical activity/exercise.</p> <p>Evidence that individuals are encouraged and supported to access health promotion activities.</p>
7	<p>People are reporting an increase in their quality of life, confidence and self esteem and an increased ability to manage their own mental distress.</p>	<p>Individuals report an increased quality of life and Personal goals are evidenced in support planning.</p> <p>Evidence that the support people receive has resulted in people having their mental health needs met away from hospital.</p>
8	<p>There will be an increase in the number of people with a mental health problem who are living in independently</p>	<p>Evidence that people have been supported to develop new skills for independent living.</p> <p>Evidence the day support contributes to individuals aspirations.</p> <p>Evidence that support is contributing to people maintaining their accommodation.</p>
9	<p>There will be an increase in the number of people managing their income.</p>	<p>Evidence that individuals have been supported to access advice re their benefits and finance and successfully manage their budget.</p>
10	<p>There will be an increase in the number of people directing their own social care support through the use of a personal budget.</p>	<p>Evidence that people are being encouraged and supported to take on a personal budget commission the support they receive from the service.</p> <p>There will be an increase in the number of people who have a Direct Payment to meet their social care needs.</p>

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11	Those individuals receiving support will report increased choice and control and that their identified personal outcomes have been met.	Individuals receiving support report that their personal goals and outcomes are being met.  Individuals report choice and control over the support they receive.
12	There are increased levels of involvement of those who use the service and family carers in the design, delivery and management of the service.	Individuals report that they have increased involvement. Evidence to demonstrate innovative ideas. e.g. Peer run sessions.
13	Individuals report that the service is able to meet their mental health needs in a way that takes into account their spiritual and cultural needs and is sensitive to age, gender, ethnicity, religion, sexual orientation and disability.	Evidence that the organisation has identified every aspect of an individual's preferences and support is tailored according to need and preference. Providers can demonstrate how they are marketing themselves to meet the needs of under represented groups.
14	People are supported by staff who understand their needs, work in a person centred way and understand the impact of a mental health problem on individuals and the families.	Evidence that staff are trained and are able to respond in a person centred way to individual choice and control.
15	The service understands and is focussed on delivering a recovery model of mental health	Evidence that individuals have been supported to exit services.  Evidence that the service supports independence and not dependence.