

# PROVIDING EVIDENCE OF PSYCHOLOGICAL DISABILITY

AREA OF NEED	DESCRIPTION OF AREA OF NEED	FACTORS OF ILLNESS THAT CREATE DIFFICULTY	FUNCTIONAL IMPLICATIONS	PHYSICAL HEALTH IMPLICATIONS	TYPE OF SUPPORT NEEDED	FREQUENCY OF SUPPORT NEEDED	EXAMPLE OBSERVATIONS
<b>Self Care</b>	<ul style="list-style-type: none"> <li>• Showering/bathing</li> <li>• Dressing</li> <li>• Eating</li> <li>• Toileting</li> <li>• Maintaining physical health</li> <li>• Managing medication</li> </ul>	<ul style="list-style-type: none"> <li>• Medication side effects causing weight gain</li> <li>• Increased appetite</li> <li>• Lethargy</li> </ul>	Difficulty with: <ul style="list-style-type: none"> <li>• Hygiene</li> <li>• Maintaining adequate diet</li> <li>• Nutrition</li> <li>• Dressing appropriately</li> <li>• Managing physical wellbeing</li> <li>• Maintaining physical health</li> </ul>	<ul style="list-style-type: none"> <li>• Good hygiene habits</li> <li>• Good nutrition &amp; dietary management</li> <li>• Personal safety in the home eg. trip hazards</li> </ul>	Assist with equipment to enable self care activities. Access to healthy lifestyle activities including exercise.	Assist to attend exercise program, including transport on weekly basis. Provision of equipment, training & support (6hrs/mth) + equipment cost	X presents as dishevelled with poor levels of hygiene. X has delusional beliefs associated with water. X manages her own meal preparation by purchasing freezer meals, but often forgets to eat due to distracting symptoms & does not shower regularly. X is unable to maintain cleanliness of her unit & reports that it is too much for her to manage on her own. X has lived in squalor for the last 5 years.
<b>Social Interaction</b>	<ul style="list-style-type: none"> <li>• Making &amp; keeping friends &amp; relationships</li> <li>• Behaving within limits accepted by others</li> <li>• Coping with feelings &amp; emotions</li> <li>• Having a sense of purpose in life</li> <li>• Making connections in the community</li> <li>• Volunteering</li> </ul>	<ul style="list-style-type: none"> <li>• PTSD A</li> <li>• Anxiety</li> <li>• Paranoia</li> <li>• Hallucination</li> <li>• Derealisation</li> <li>• Aggression</li> <li>• Obsessions</li> <li>• Poverty of thought</li> <li>• Depression</li> <li>• Elevated mood</li> <li>• Stability of mood</li> <li>• Social cognitions</li> </ul>	<ul style="list-style-type: none"> <li>• Social isolation &amp; withdrawal</li> <li>• Difficulty with:                             <ul style="list-style-type: none"> <li>- Responding to social situations</li> <li>- Making &amp; keeping friends</li> <li>- Talking to strangers or certain people</li> <li>- Interaction affected by behaviours</li> </ul> </li> <li>• Fear or distrust of others</li> </ul>	<ul style="list-style-type: none"> <li>• Potential lack of acceptance in waiting room</li> <li>• Potential disturbance to other patients</li> <li>• Uncomfortable waiting for appointments</li> </ul>	Person to accompany when attending social activities	Attendance at social activities (2hrs/wk) Graded support for new social situations	X has become socially isolated since being diagnosed with depression. X doesn't venture into the community alone. X feels very anxious when meeting new people which further adds to his social isolation. X speaks very quickly due to mania, & is frequently unable to speak due to feeling depressed. It is very difficult for X to interact socially & maintain friendships. X has feelings & emotions she is unable to cope with due to her mental illness.
<b>Self Management</b>	<ul style="list-style-type: none"> <li>• Doing activities (e.g. cooking, laundry)</li> <li>• Handling &amp; solving problems</li> <li>• Managing money</li> <li>• Budgeting</li> <li>• Making decisions</li> <li>• Keeping safe in-home environment</li> <li>• Taking responsibility</li> <li>• Behaving responsibly</li> <li>• Connecting to services</li> </ul>	<ul style="list-style-type: none"> <li>• Motivation</li> <li>• Cognitive</li> <li>• Difficulties</li> <li>• Issues related to self awareness</li> <li>• Compulsion</li> <li>• Depression</li> <li>• Preoccupations</li> <li>• Hallucinations</li> <li>• Anxiety</li> <li>• Tangential thinking</li> <li>• Paranoia</li> </ul>	Difficulty with: <ul style="list-style-type: none"> <li>• Attending to responsibilities due to; lack of motivation, interest, concentration &amp; organisation</li> <li>• Managing household</li> <li>• Budgeting</li> <li>• Solving problems</li> <li>• Making decisions</li> </ul>	<ul style="list-style-type: none"> <li>• Scheduling appointments</li> <li>• Connecting to services</li> <li>• Financing health appointments &amp; medication</li> <li>• Management of paperwork</li> </ul>	Person to supervise, support with care of house, managing money, getting services, etc.	Assist with minimum 1 meal/day & other home based responsibilities. Assist with shopping & appointments (3hrs/wk) Total 17 hrs/wk	X has difficulty completing daily chores due to lack of motivation associated with a depressive episode. X is unable to make decisions & has no motivation to complete daily tasks. X frequently reports buying unnecessary items, making impulsive decisions, starting too many projects & rearranging her furniture.

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<b>Communication</b>	<ul style="list-style-type: none"> <li>Communicating needs &amp; wants</li> <li>Following instructions &amp; conversation</li> <li>Understanding others</li> <li>Understanding directions</li> </ul>	<ul style="list-style-type: none"> <li>Delusional thinking</li> <li>Hallucinations</li> <li>Cognitive difficulties</li> <li>Depression</li> <li>Anxiety</li> </ul>	Difficulty interpreting communication, difficulty understanding directions	<ul style="list-style-type: none"> <li>Inability to adequately communicate with practice staff</li> <li>Inability to understand/recall medication instructions, self-care</li> <li>Inability to adequately explain symptoms experienced</li> </ul>	Person to assist with interactions, especially with appointments, work activities, groups	Monthly support to attend appointments, weekly support to attend & participate in volunteer group	X has become isolated in the community since being diagnosed with schizophrenia. X experiences symptoms of paranoia & therefore finds it difficult to interact with others, engage in volunteer or paid work & venture independently into the community. X struggles to follow directions & is easily distracted. X is fiercely independent & has limited insight into his ability to complete daily activities & as a result often fails to communicate his own needs for support.
<b>Learning</b>	<ul style="list-style-type: none"> <li>Understanding</li> <li>Remembering</li> <li>Learning new information</li> <li>Concentrating</li> </ul>	<ul style="list-style-type: none"> <li>Cognitive difficulties</li> <li>Alertness</li> <li>Memory</li> <li>Orientation</li> <li>Concentration</li> <li>Learning</li> <li>Planning</li> <li>Compulsions</li> <li>Hallucinations</li> <li>Derealisation</li> </ul>	Difficulty with: <ul style="list-style-type: none"> <li>Organising tasks</li> <li>Learning new info</li> <li>Following instructions</li> <li>Understanding directions</li> <li>Making decisions</li> <li>Solving problems</li> </ul>	<ul style="list-style-type: none"> <li>Remembering medication, administration</li> <li>Completing forms eg. screening tests</li> <li>Making good health choices, self-care</li> </ul>	Equipment that assists with recording & organising (e.g. tablet device) Person to assist with learning & engaging in activities	Support & training for device use (10hrs over 5 weeks) Assistance with study/rec activities (1hr/wk) Total 6hrs/mth + equipment cost	X finds it difficult to concentrate on information within paperwork. Due to her mental illness she experiences flatness & manic & has difficulty concentrating, understanding & remembering new things.
<b>Mobility &amp; Transport</b>	<ul style="list-style-type: none"> <li>Moving around the house</li> <li>Moving about in the community</li> <li>Volunteering</li> <li>Using public transport or a car</li> <li>Getting in &amp; out of bed or a chair</li> <li>Difficulties as a result of side-effects of treatment</li> </ul>	<ul style="list-style-type: none"> <li>Paranoia</li> <li>Anxiety</li> <li>Depression</li> <li>Obsessions</li> </ul>	<ul style="list-style-type: none"> <li>Unable to use public transport unaccompanied</li> <li>Difficulty leaving the house</li> </ul>	<ul style="list-style-type: none"> <li>Inability to get to medical appointments</li> <li>Inability to get scripts filled</li> <li>Inability to do appropriate food &amp; hygiene shopping</li> </ul>	Person to accompany when using public transport	Attend weekly activity (1hr/wk) Grocery shopping (2hr/wk) Appointments (2hrs/mth) Total 14hrs/mth	X is unable to leave the house or use public transport on a daily basis as a direct result of her severe anxiety & lack of motivation which are symptoms of her mental illness.  One-on-one support on a weekly basis would assist her to cope with her anxiety & improve her motivation assisting her to be more mobile.