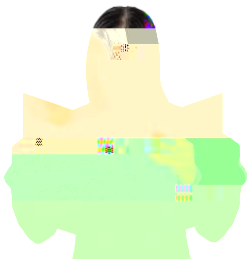
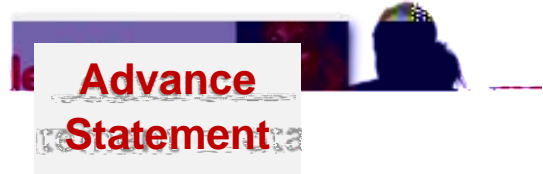


Deciding about your mental health care



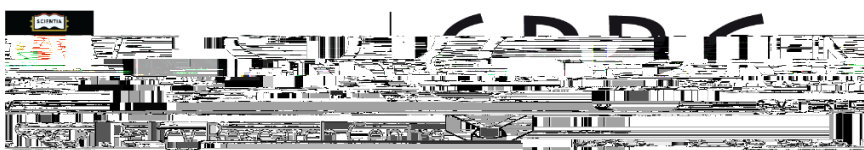
Easy Read of

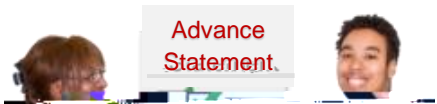
Advance statement for mental health care:
Findings from a pilot study

By Ayah Wehbe,



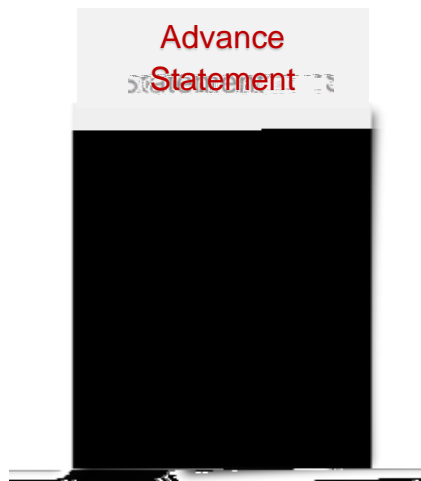
<https://www.arts.unsw.edu.au/social-policy-research-centre/our-projects/advance-statements-mental-health-care>





People can use the **AS** to give information or instructions to service providers.

People can write down what they want to happen and how to support them in a mental health crisis.



Forms can support mental health consumers to write their own **AS**.

This study was about a new form for writing an **AS**.

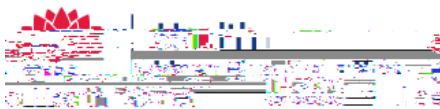
Mental health consumers, their families and mental health staff made the new form.

The research team



Researchers from the Social Policy Research Centre or **SPRC** did the project.

They worked with

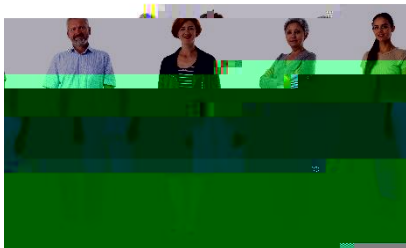


- Nepean Blue Mountains Local Health District



- Aftercare NSW

Aftercare is now called Stride.



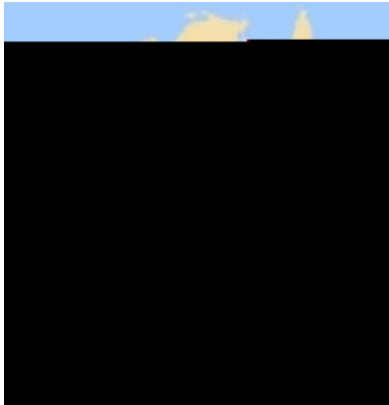
- Mental health consumers, their families and mental health staff.

We talked to **36** people who had tried out the form.

We wanted to know what people liked about the form and how it could be improved.

What the review found

AS in Australia and NSW



Every state and territory in Australia has different mental health laws.



Some states and territories have laws on **AS** for people with mental health challenges.



NSW has no law on **AS** for people with mental health challenges.

If you live in NSW, you can still write an **AS**.

Preparing the AS



All consumers who had an **AS** had help from a support worker to complete it.

People who are homeless or do not use services might find it hard to prepare an **AS**.

More needs to be done to support these people complete an **AS**.

When preparing the **AS**



- be in a place where you feel comfortable



- complete the form at a time that suits you



- have someone you trust help you complete the form.

Storing and finding the **AS**

No one who had an **AS** kept a copy of it.

They would like to have their own copy.

It is hard to find people's **AS**.

It could be stored in a person's electronic medical records.

Some hospital staff might not look for or read an **AS** in a crisis.

If hospital staff read an **AS**, it can improve the support they give the person in hospital.

Having an **AS**

