
Equally Well

Do you plan to be old?

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Acknowledgement of Country & Lived Experience



The world changes within moments!

“It is not sufficient to see and to know the beauty of a work. We must feel and be affected by it.”

“every man (person) is guilty of all the good he did not do.”

What do you think about growing old?

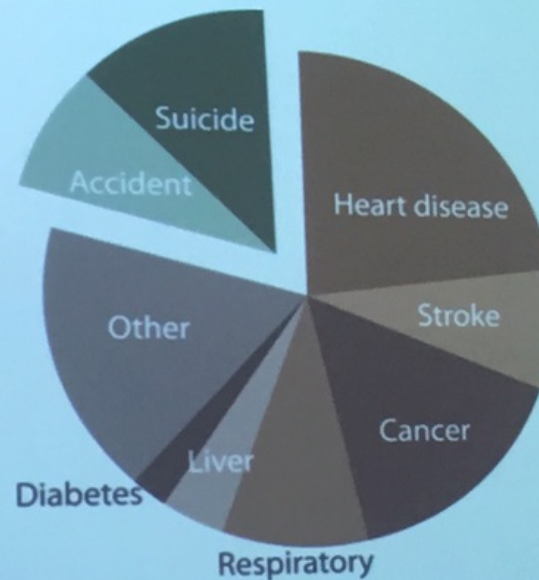


My husband and I don't plan for my old age. We plan for his.



Is suicide causing us to loose our lives

Causes of death



Hancock K, Lawrence D, Kisely S.
British Medical Journal 2013;346:f2539

Our Physical Health is terrible

Please stop thinking about this as a consequence of our choices. It usually isn't.

It is a consequence of:

- **Trauma both personal and intergenerational**
- **Poverty**
- **Self medicating**
- **Medications which make us gain weight etc.**
- **Medications**
- **Medications**

Culture!

All public mental health services in each state operate under the same policies and protocols and yet the standard of care and outcomes varies wildly between different services. Why?

There is no time to waste to positively change culture.

You are the leaders.



Speaking from personal and professional experience

- Listen to us when we tell you about our health
- Always, always check our physical health
- Intergenerational trauma, mental health and physical health issues –My daughter



Lived Experience and effects of Trauma and Meds

- Bowl cancer -18 months
- Neurological disorder- Lithium
- Massive weight gain- 22 ks in 2 months
- Thyroid disruption, thyroid cancer
- Terrible difficulty getting thyroxine, calcium etc right
- Cervical and uterine cancer- gone by 30 years
- Severe blood clotting disease- Warfarin
- Severe prolapse
- IBS and Reflux



- None of these things are in my mind but they may have been

Be where you can observe and engage; not in fishbowls



Lady @ 47 years. First episode

Believe us!

What would you want if it were you or someone you love?

Kintsugi



Review of seclusion, restraint and observation of consumers with a mental illness in NSW Health facilities

December 2017

Miriam Merten, whose mistreatment and death shocked us all, and was the catalyst for establishing this review, and



Jackie Crowe, a vital member of the review team who brought energy, compassion, integrity and courage to the review process.



Discrimination the major route cause for us not getting physical health care

Discrimination is a key factor in us not receiving good physical health care. Aboriginal people and people with MH Issues are dying young because of discrimination.

Recommendation 9

Discriminatory and stigmatising behaviour and attitudes were observed at all levels of the workforce.

NSW Health should ensure that recruitment and performance-review processes include appraisal of values and attitudes of all staff working with people with a mental illness.

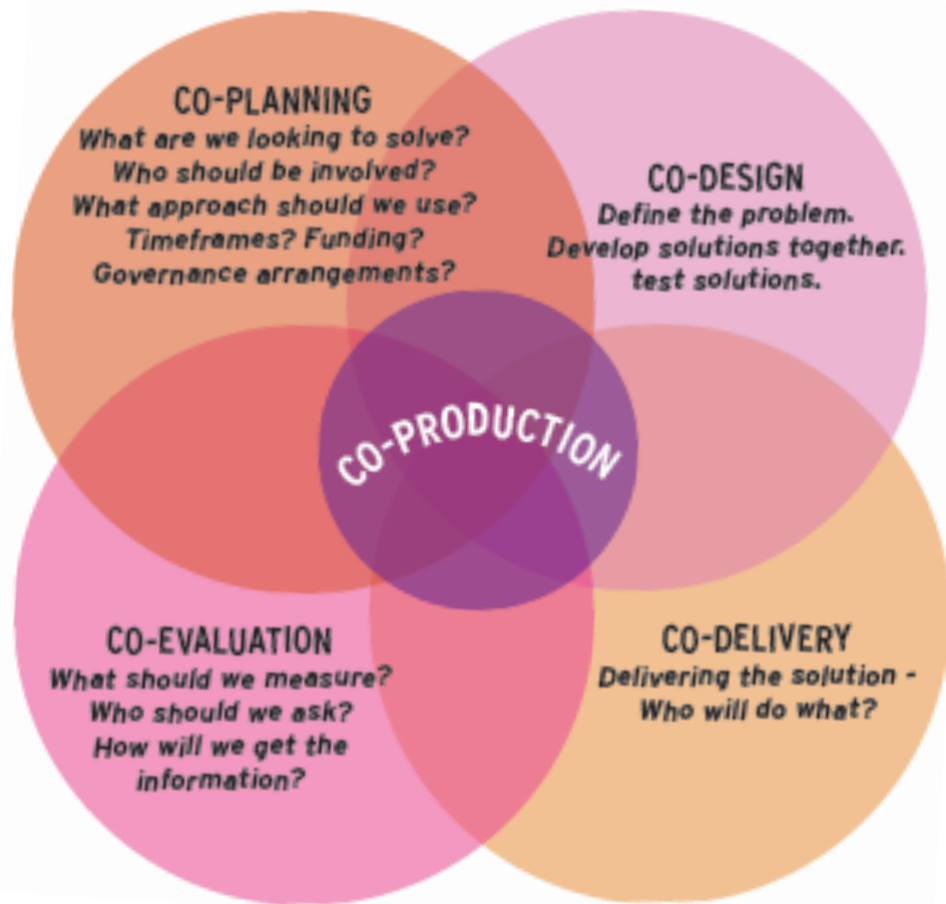
All services including A&E

All services coming into contact with people with MH issues, including A&E departments must take our physical health into strong consideration!!

Multidisciplinary teams

All mental health units must have a multidisciplinary team, including physical health care clinicians on an extended-hours basis.

Co-design principals & practical steps



Co-production
Putting principles into practice in mental health contexts.
2008. Cath Roper, Flick Grey, Emma Cadogan

International Convention on the Rights of Persons with Disabilities

Protecting the integrity of the person

Article 17 of the Convention states that every person with disabilities has a right to respect for his or her, (*their*) physical and mental integrity on an equal basis with others.

Right to health

Article 25 specifies that "persons with disabilities have the right to the enjoyment of the highest attainable standard of health without discrimination on the basis of disability."

<http://www.un.org/disabilities/convention/conventionfull.shtml>

International Convention on Civil and Political Rights

Absolute rights

Some human rights are absolute — there is never any justification for violating them. These rights prohibit officials and others from committing genocide, slavery, summary executions, torture and racial discrimination.

Also absolute are the personal freedoms of thought, conscience, religion and belief.

Planetree Model



Planetree components

The ten components of the Planetree philosophy are:

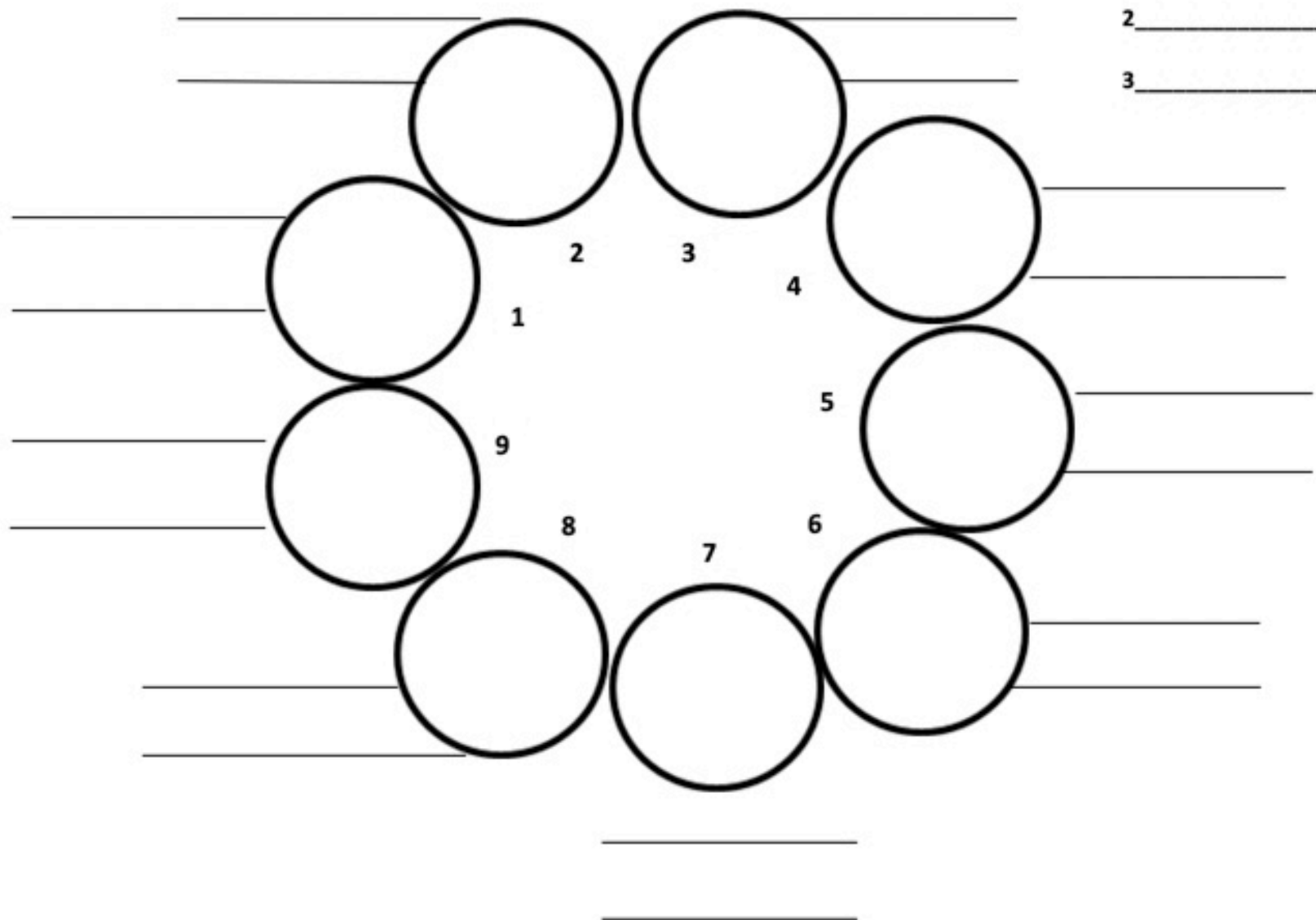
- 1.Communicate through human touch:** Using caring touch to reduce anxiety, pain and stress in patients, families and staff members.
- 2.Family, friends and social support:** Encouraging the involvement of family and friends as partners in the care experience whenever possible.
- 3.Information and education:** Providing patients with information and educational resources so they can actively participate in their own care.
- 4.Healthy communities:** Working together in partnership with community groups, schools, aged care facilities and other community partners for the health and wellness of the community.
- 5.People caring for people:** Caring for others as human beings. All individuals are caregivers and have the ability to influence the experience of patients and their families.
- 6.Food as therapy:** Providing delicious, healthy meals and making good food choices available to patients, families and staff.
- 7.Overall wellbeing:** Encouraging patients to actively participate in other activities to improve their overall wellbeing, including exercise, social activities and other complementary therapies.
- 8.Architectural and interior design:** Creating quiet, healing environments using evidence based design principles that create homelike and welcoming settings.
- 9.Spirituality:** Supporting connections with spirituality in healing for patients, families and staff.
- 10.Arts and entertainment:** Using music, artwork and crafts to enhance the clinical environment.

Speed Thinking

1 _____

2 _____

3 _____



Jade Ryall



diabetes

- Do I have Diabetes?
- If yes, do I manage my Diabetes well?
- Do I struggle to manage any aspects of my Diabetes?
- Am I at risk of Diabetes?
e.g. using medications to manage my mental health, overweight, have a family history.
- Have I ever been tested for Diabetes?

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going to the toilet

- Does it feel uncomfortable when I urinate? e.g. a burning or stinging sensation.
- Does my urine have an unusual smell or colour? e.g. brown or green.
- Do I get constipated or strain to go to the toilet?
- Do I often have diarrhoea?

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my teeth and gums

- Do I like the look of my teeth?
- Do I get toothaches?
- Do I have any wobbly teeth?
- Do I brush my teeth each day?
- Do I use dental floss/tape/piksters?
- Do my gums ever bleed when I eat or brush my teeth?
- Does my breath have an unusual or unpleasant smell?
- Do I see the Dentist regularly?

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my sleeping

- Do I often fall asleep during the day?
- Do I often wake up during the night?
- Is it difficult for me to fall asleep?
- Do I wake up feeling tired?

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Are there any questions?



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Where mental wellbeing thrives

