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Aim

To adopt a philosophy of care supported by a set of shared values to underpin how we work together to reduce distress and promote recovery.

Glossary

Diversity- understanding that each individual is unique and recognising individual differences.

Empathic- an emotional understanding or empathy experienced by one person concerning another person.

Inclusion- a person's right to participate fully in society and welcoming someone who would otherwise be excluded.

Philosophy- a recognised and self defined way of working that includes basic principles.

Recovery- a deeply personal, unique process of changing one's attitudes, values and goals. A way of living a satisfying, hopeful and contributing life even without limitations caused by illness. Recovery involves the development of new meaning and purpose in one's life.

Philosophy of Care

For Inpatient Services - Adult Mental Health

Philosophy of Care

The inpatient units in Adult Mental Health seek to deliver care and support that:

- respects individuals
- values diversity
- preserves dignity and
- promotes recovery and inclusion.

We aim to provide a service that works with people that is *welcoming, accessible, responsive* and *safe*.

We are committed to having staff with a range of skills and who are approachable, empathic, courteous and able to develop positive relationships with service users founded on *hope* and *optimism*.

We aim to achieve a sociable and interactive environment where ordinary everyday communication / talking between service users and staff is encouraged.

We acknowledge people's strengths and abilities and offer a variety of approaches tailored to suit the whole person and choices that support people in achieving their goals.

How was the Philosophy of Care agreed?

A multi-disciplinary workshop was held, including service users and carers, to look at the shared values that we would like to underpin acute inpatient care. Key themes were identified and in a second workshop, staff and service users were asked for feedback.

Following the workshop, a draft copy of the philosophy of care was developed and published in Trust Matters - Mersey Care NHS Trust's newsletter. This was distributed widely for consultation and following this, the philosophy of care was agreed.

It was clear that these supported the values outlined in the Inter Agency Charter, drawn up by the Liverpool Mental Health Consortium.

We now plan to disseminate this throughout the clinical areas, for both service users and staff to understand how a shared philosophy can help promote a positive attitude with the inpatient wards.

See back of leaflet for glossary.