

# Mobile Community Support

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## What is Mobile Community Support?

Mobile Community Support provides a community based, personalised service that supports people to live independently in their own home. This means that contact with support workers will vary according to individual needs.

While mobile community support is a non-clinical service, Pathways maintains contact with clinical teams and other professional supports such as GPs or counsellors on a regular basis.

## Pathways' Mobile Community Support Teams

Every team member is specialised in supporting people with experience of mental illness on their recovery journey. The teams usually include Community Support Workers and a Team Leader and may also include a Lead Support Worker.



## Key workers

Everyone that accesses mobile community support services will have a Support Worker identified as their dedicated key worker. This person will support them towards their goals and is the main Pathways team member that they'll come in contact with.

Activities that key workers are able to support with:

- coaching to build confidence
- improving cooking or housekeeping skills
- budgeting support
- access to activities for leisure or recreation
- access to education or employment
- finding accommodation
- accessing independent transport options
- integration into social settings e.g. library, malls, botanical gardens
- advocacy with other agencies like WINZ, ACC, GPs, court
- supporting people to implement their crisis plans together with guidance of clinical teams
- having fun with life!



The focus is to support people to be involved in their community. Individual goal plans are constantly reviewed including regular reviews involving the individual, their family/whanau, key worker and clinical supports.



## How do I access Pathways' Mobile Community Support?

Access to Mobile Community Support is usually through the community mental health team or hospital services. Mobile Community Support teams can receive referrals directly, but may require a Needs Assessment to be completed. The team can support with accessing this if required.

## Contact us

For more information feel free to contact us on 09 261 3401, email [contactus@pathways.co.nz](mailto:contactus@pathways.co.nz) or visit our website [www.pathways.co.nz](http://www.pathways.co.nz)

