

**Table 1. A stepped care approach to delivering services to RACF residents**

Provider	Relationships Australia South Australia – Supporting Emotional Wellness in Aged Care		Links to Wellbeing – Connected in Wellbeing	Out of scope for PHNs
Stepped Care Model	Early Intervention needs	Mild to Moderate needs	Severe Mental Illness	Severe and persistent or complex needs requiring specialist care
Care need	Low intensity services or routine social support	Primary Care – low to medium intensity services	Primary care – high intensity services	Specialist mental health services and dementia services
Target Group	Residents who present as mildly depressed or anxious but do not have a diagnosis; or are having trouble adjusting to changes or coping with loss	Residents who have a former or new diagnosis of mild to moderate mental illness	Residents who have a diagnosis of severe mental illness, which would benefit from short-term psychological therapies  May include pre-existing conditions	Residents who have severe, long term mental illness, which is acute in nature and requires specialist care from State Government services  May also have significant cognitive decline  May have recently attempted suicide
Adelaide PHN Services	Psycho education groups  Residents with mild to moderate needs may be identified here and referral arranged for low intensity/short term sessions	Low Intensity/short term and psychological therapy groups and/or individual sessions  Residents may be identified through the groups for individual sessions	Psychological therapy individual sessions  Liaison with State based older persons mental health services	Psychiatry and psychological therapy  Outpatient, inpatient and community mental health services
Who can refer	Referral from RACF clinical staff, GP, allied health professional, family member or self referral		Referral from GP or Older Persons Mental Health Service	
How to refer	Referral direct to service provider  Ph: 1300 364 277 Email: <a href="mailto:mhracf@rasa.org.au">mhracf@rasa.org.au</a>		Adelaide PHN Central Referral Unit Secure Messaging HealthLink EDI: <a href="mailto:adphncru">adphncru</a> ReferralNet/Argus ID: CRU Fax 1300 580 249	