

Partners In Recovery

Aboriginal and Torres Strait Islander Peoples Checklist

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Client Name:

Things that help keep this person well, happy, and strong:
(spiritual, physical, family, and social, mental and emotional)

Cultural Issues

Family and cultural background and personnel history
(check for family history of mental illness)

Some of the worries for this person are:

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Client Name:

Family trouble, humbug or worry	<input type="checkbox"/>
Not doing much, like hunting, fishing, or other things	<input type="checkbox"/>
Work worry	<input type="checkbox"/>
Not sleeping good	<input type="checkbox"/>
Not eating good tucker	<input type="checkbox"/>
Too much cigarettes	<input type="checkbox"/>
Too much grog, or ganja, or other drugs or gambling	<input type="checkbox"/>
Physical illness	<input type="checkbox"/>
Don't want medicine or treatment	<input type="checkbox"/>
Side effects of medicine – feel sleepy or tight muscles	<input type="checkbox"/>
Don't know about mental illness or treatment	<input type="checkbox"/>
Trouble cooking and shopping and caring for myself	<input type="checkbox"/>
Problem remembering things or finding my way around	<input type="checkbox"/>
Doing things which worry my family	<input type="checkbox"/>
Culture worry	<input type="checkbox"/>
Sitting down alone – not mixing much with others	<input type="checkbox"/>
Violent, strange, silly or bad behaviour	<input type="checkbox"/>
Hearing voices or seeing things	<input type="checkbox"/>
Feeling sad inside, no interest in doing things	<input type="checkbox"/>
Problem with being too happy or too much energy	<input type="checkbox"/>
Mixed up thoughts, paranoid, silly thinking	<input type="checkbox"/>
Self harm behaviour or thoughts of suicide	<input type="checkbox"/>
Feeling anxious or nervous or jumpy	<input type="checkbox"/>
Accommodation/Housing concerns	<input type="checkbox"/>
Education/Training concerns	<input type="checkbox"/>
Other worries	<input type="checkbox"/>

Past Medical History (including head injury)

Early warning signs of the person getting sick are:

If the person knows they are getting sick/crook they will do these things to get help quickly:

Risk Assessment
 1 = no apparent risk 2 = low risk 3 = some risk 4 = big risk 5 = very big risk

Self-harm or suicide risk	Harm to others	Vulnerability – cannot look after self
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Circle the number above that matches your assessment of level of risk.

Risk issues addressed by following actions:

Past Psychiatric History and Forensic History (trouble with police or court)

Risk Assessment
 1 = no apparent risk 2 = low risk 3 = significant risk 4 = serious risk
 5 = extreme and imminent risk

Self Harm/suicide	Harm to Others	Vulnerability
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5

Mental State Examination

<p>Appearance (look OK?)</p> <p>Behaviour (doing strange things?)</p> <p>Conversation (saying strange things?)</p>	<p>Affect (sad or worried or scared or?)</p> <p>Perception (hearing things or seeing things?)</p> <p>Cognition (confused/ mixed up?)</p>
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Type of supports required	What will happen, who will do it
Medication	
Compliance strategies	
Life style changes (substance use, diet, exercise, smoking)	
Social changes (go out bush, job training)	
Education/Training	
Housing/Accommodation	
Cultural or spiritual activity or treatment	
Other services / other treatments e.g. for physical illness	
Other	

NOTE: This section should be used to inform the completion of the client's PIR Action Plan