

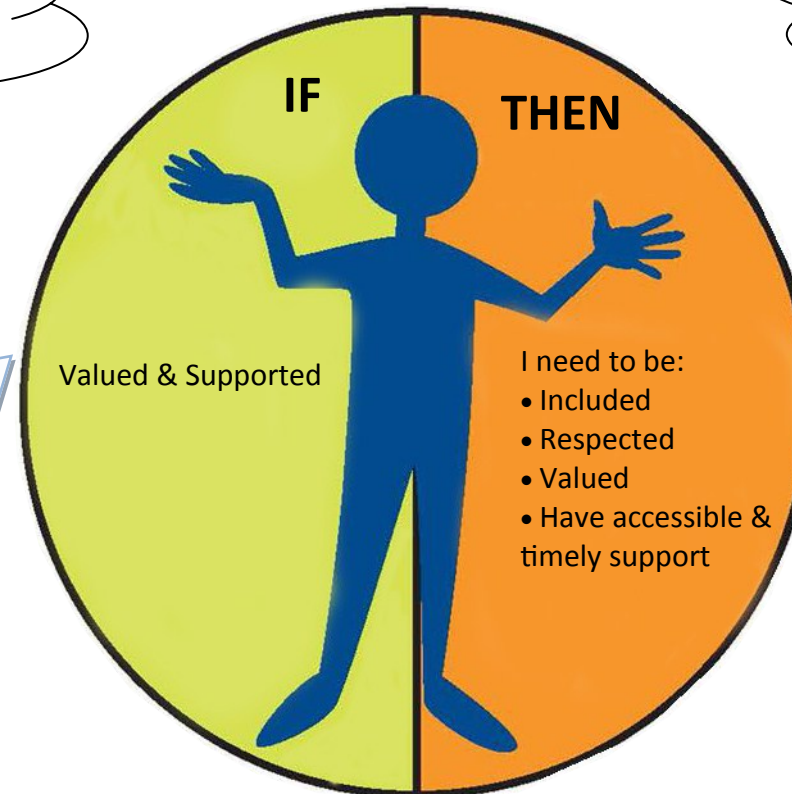
# FAMILIES INCLUSIVE SUPPORT

## Tool Kit for Families and Carers

### Using Community Managed Mental Health Services

**Families and carers play a key role in the design, delivery and evaluation of services**

- Am I listened to and are my views respected
- Am I involved in making decisions about all the things that are important to me?
- I have valuable experience/skills to offer because of my experience as a family member. Does my service provide opportunities for me to do so?
- I want to receive services from people I choose. Can I? Can I choose to be supported by someone else with a lived experience?
- Is my definition of 'respite' and my need for a break re-



**Services enhance the wellbeing of families & carers.**

- Is the service I receive going to contribute to me and my family living a better life?
- Is the service culture recovery focussed, hopeful and optimistic
- Am I being provided with services/supports by people who listen to me? Do I respect and trust them?
- Are my services timely and responsive to my needs?
- Do I have a plan and is it working for me?
- Are my needs for better connection with friends and my community supported?
- Are my needs as a child of a parent/s with a mental illness

**Families and services work in partnership**

- Are all the services that support me connected, working together and sharing information in the way that I want?
- As services partner, are we and the person we support, still in the centre, in control and directing what we want to have happen?
- Is my privacy respected and are services confidential?



**WAAMH**  
Western Australian Association  
for Mental Health