

ARAFEMI offers a range of services to support people with a mental illness to live in the community. We operate in the Eastern and North Eastern regions of Melbourne and the aim of our programs is to promote recovery. We assist people to manage the disabling impacts of mental illness, work towards independence, and live with greater success and satisfaction. ARAFEMI also supports people with a dual diagnosis, such as drug and alcohol dependence combined with a mental illness.

Homes Based Outreach Service

Home Based Outreach Service (HBOS) offers recovery and rehabilitation support in the home environment. This program provides medium to long-term support – up to 3 years.

The 'home environment' is broadly defined to include private rental, public housing, living with family or friends, living in a boarding house, living in ARAFEMI housing* or other types of accommodation.

A support worker can visit between 9 – 5, Monday to Friday for up to 2 hours a week, varied according to need. Support is structured around an Individual Recovery Plan (IRP), which is done in collaboration with the worker and focuses on what one wishes to change or achieve.



What does the Home Based Outreach Service offer?

Supports can include:

- Accommodation focused living skills; such as securing accommodation if homeless, finding more suitable long term housing if in temporary accommodation, setting up & maintaining a home, budgeting, managing utilities, bills or debts
- Learning or re-learning general living skills such as shopping and meals preparation etc
- Support with maintaining & promoting mental & physical health
- Establishing and maintaining family, community & social connections
- Promoting cultural and recreational opportunities
- Building confidence and developing strengths
- Promoting employment, education or training opportunities
- Developing links with other services e.g. clinical mental health services, general health, Centrelink, legal, Office of Housing & other housing providers

*ARAFEMI housing: While we do have access to some of our own accommodation, there are only a few vacancies that occur throughout a year. ARAFEMI is primarily a support provider, rather than an accommodation provider. This program is not suitable for those people whose sole need is accommodation.

Who is eligible for the Home Based Outreach Service?

Home Based Outreach Service is suitable for those who:

- Experience severe & persistent mental illness that significantly impacts on their ability to live independently and participate in the community.
- Are aged between 18 and 64 years
- Live in, or need to move to, the Eastern Cities of Boroondara, Whitehorse, Manningham, or the North Eastern City of Darebin
- Have a need to increase their living skills
- Have the desire and are agreeable to actively participating in the program to make positive changes



How do I apply for the Home Based Outreach Service?

Either download the application form from the website, print and post to: Program Manager, ARAFEMI Outreach Services, PO Box 83, HAWTHORN, VIC, 3122 or Fax: 9810 9399

Or, complete online form at www.arafemi.org.au

Who is ARAFEMI?

ARAFEMI is a non-profit community based organisation, which works from a recovery perspective.

Our mission is to promote and improve the well being of people affected by mental illness.

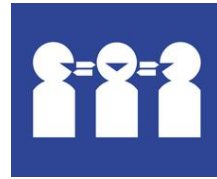
ARAFEMI supports a holistic approach to improving mental health, where the active symptoms of illness are only one part of the difficulties encountered. Understanding and support from family and friends, community awareness, lessening of stigma, access to secure affordable housing and supportive assistance at a time exacerbation of symptoms all contribute to the well-being of people who experience mental illness and those who care for them.

Our range of innovative programs reflects our commitment to empowerment and collaboration for consumers and carers on the recovery journey.

For more information, or an informal confidential chat about the Home Based Outreach Program, contact Jenny Coll on 9810 9350 or email on jenny.coll@arafemi.org.au

Check out our website for other related ARAFEMI services, such as Intensive Outreach Support and Flexible Respite Options.

"They help people get back on their feet"



Interpreters available



ARAFEMI

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ARAFEMI

Mental Health
Home Based Outreach
Support



*Promoting and improving the well being
of people affected by mental illness*