

How can I use the ratings?

Outcome measurement is designed to measure individual progress by showing changes that have occurred over time. This is important to you as a family member or someone who has a person in their care.

Keep a copy of the ratings to track their progress.

Discussing HoNOS-LD scores with the person and the clinicians involved in their care is encouraged.

Talking about HoNOS-LD

- » Discuss with the person you are supporting any changes they've noticed or changes showing in their ratings, why they think that is, and any goals they have for their wellbeing.
- » Talk with the clinician about the ratings – this can be part of recovery planning.
- » Discuss changes in ratings over time – what has changed and why?
- » Talk with the person about how they see their progress and the service they're receiving.

If you don't agree with the ratings you can:

- » ask the clinician questions about the scores and discuss why they think this way
- » request that your point of view is recorded in their clinical notes.



Find out more

Talk to

- » Their clinician.
- » Their mental health team.
- » A consumer worker or advocate.

Online

- » Te Pou – www.tepou.co.nz
- » PRIMHD – www.moh.govt.nz/primhd

Email

- » The Ministry of Health – information@moh.govt.nz

HoNOS-LD

Te Pou o te
Whakaaro Nui

HoNOS
■■■■■

You, HoNOS for people
with intellectual
disabilities, and *their*
recovery

Information about the **Health of the Nation Outcome Scales** for family and supporters of people with intellectual disabilities who use mental health services.



What is HoNOS-LD?

Health of the Nation Outcome Scales for People with Intellectual Disabilities:

A tool that measures changes in health, wellbeing and circumstances over time.

HoNOS-LD is completed by registered mental health professionals (clinicians). The ratings are based on the clinician's perception of the person's situation at that time.

This information can be used to support recovery planning and progress.

Ratings are completed when:

- » a person enters a service
- » every three months while a person receives a service
- » when a person leaves a service.

Additional ratings can be completed any time and can be helpful for reviewing the person's progress. These are recommended if there is a significant event or change that's positive or challenging.

HoNOS-LD

is designed for adults who have a dual diagnosis of intellectual disability and mental illness.

HoNOS-LD ratings

HoNOS-LD has 18 items which are rated.

The ratings look at behaviour, symptoms, daily activities and care.

All areas will be rated. If there are no issues identified then a rating of 0 will be used – indicating that there is no problem in this area.

1. Behavioural problems - directed to others
2. Behavioural problems - directed towards self
3. Other mental and behavioural problems
4. Attention and concentration
5. Memory and orientation
6. Communication (understanding)
7. Communication (expression)
8. Hallucinations and delusions (seeing, thinking or hearing things that may seem odd)
9. Mood changes
10. Sleep
11. Eating and drinking
12. Physical problems
13. Seizures
14. Daily living skills at home
15. Daily living skills outside of home
16. Level of self-care
17. Relationships
18. Occupation and activities

HoNOS-LD items are rated from 0-4.

- 0 = no problem
- 1 = mild problem
- 2 = moderate problem
- 3 = severe problem
- 4 = very severe problem

High scores are an indication of where you, the person and their clinician might focus some attention and look for solutions.

At times, a rating of 7 may be used – this is only when the clinician does not have enough information.

Who may see the ratings?

- » The person receiving services
- » Their family or support people
- » Their clinician
- » Their mental health team
- » Anyone they choose to allow

After this, the ratings are protected so that no one else knows which ratings are theirs.

Then the information may be used by the Ministry of Health and mental health and addiction services to understand how services are being used and delivered.