



Step Up Step Down

An Intermediate Care Centre For Homeless People

What we do?

- ▶ Provide accommodation, 24 hour nursing care, and visiting GP Mon - Fri for up to 3 weeks, to people with medical problems that a GP would be happy to manage at home
- ▶ 12 bed unit. GP's, nurses, project worker, healthcare assistant and volunteers
- ▶ The need for Step Up Step Down (Intermediate Care) facility that caters for homeless people who are too sick for residential homeless facilities but not critical enough for hospital inpatient care has been under consideration by the HSE for some time and finally opened it's doors two weeks ago

Substance Misuse

- ▶ Liaise with Methadone Prescribers
- ▶ Protocols for managing Alcohol and / or Benzodiazepine / Z-drug withdrawal
- ▶ Do not initiate Methadone
- ▶ Do not admit people solely for management of Substance Misuse

Physical Health

- ▶ Work closely with existing care provider
- ▶ Any medical condition or problem that a GP would be happy to manage if the person had a good home and family support

Housing

- ▶ Project Worker to work closely with client during stay
- ▶ Maintain or Improve Accommodation Status
- ▶ Close liaison with the community hand over and follow up
- ▶ No more medical priority for housing
- ▶ Finding wheelchair accessible beds is a major block
- ▶ Registering with DCC

Mental Health group outcome:

- ▶ The need for a safe space to carry out mental health assessment by our GPs and nursing team for clients who are homeless.
- ▶ Clients who have recently started or re-started medications and needs observation and monitor medications.
- ▶ Peer support worker
- ▶ Create a focus group among clients in the community who are experiencing mental health issues and get their feedback on what kind of service they would like
- ▶ A need for emergency service/admission for clients out of hours who want to self harm or have suicidal ideation.

Working together

