

**Mental Health of Older People**

**Sub-Acute / Extended Care  
Services**

**Tier 3 Service Specification**

**September 2024**

## Contents

1. Status .....	2
2. Review History .....	2
3. Introduction .....	3
4. Service Definition .....	3
5. Service objectives .....	3
5.1 General.....	3
5.2 Māori Health .....	4
6. Service Users .....	4
7. Access .....	4
8. Service Components.....	4
8.1 Processes.....	4
8.2 Settings .....	4
8.3 Key Inputs .....	4
8.4 Pacific Health.....	4
9. Service Linkages.....	5
10. Exclusions .....	5
11. Quality Requirements .....	5
12. Purchase Units .....	5
13. Reporting Requirements.....	7
14. Glossary .....	7
15. Appendices .....	7

## 1. Status

**Approved to be used for mandatory nationwide description of services to be provided.**

**MANDATORY  RECOMMENDED**

Recommended – these are centralized and recommended specifications to be used by Districts for purchasing services, they may be used to enable providers to transition to meeting a Mandatory specification over time. Districts are expected to move to a mandatory specification when renewing or varying an agreement].

## 2. Review History

Review History	Date
Published on NSFL	June 2010
<b>Amendments:</b> clarified reporting requirements, completed PU table. Corrected title, edited for consistency	March 2013
<b>Amendments:</b> added MHO100S purchase unit code, removed standard provider monitoring reporting tables. Minor editing.	April 2017
Moved to Health NZ template. Updated links for PUDD and NSFL only. Amended DHB to become District/Region where appropriate. No other changes to content made.	September 2024
Consideration for next Service Specification Review	Within five years

**Note:** In September 2024 a small programme of work moved all Service Specifications to Health New Zealand branded templates. No amendments were made to the body text or content of the Service Specification, so references to DHB, Ministry of Health or other pre-2022 reforms vocabulary will still exist. A larger programme of work to review and revise all Service Specifications is planned for late 2024 to early 2025.

**Note:** Contact the NSF Team, Te Whatu Ora | Health New Zealand to discuss proposed amendments to the service specifications and guidance in developing new or updating and revising existing service specifications. [NSF@tewhatuora.govt.nz](mailto:NSF@tewhatuora.govt.nz)

Nationwide Service Framework Library web site [here](#)

### 3. Introduction

This tier three service specification for Mental Health of Older People Services - Sub-Acute/ Extended Care Service (the Service) must be used in conjunction with tier one Mental Health and Addiction Services and tier two Mental Health of Older People Services service specifications. In addition, it is linked to a range of tier three Mental Health of Older People Services service specifications.

This service specification defines the Mental Health of Older People Services - Sub-Acute/Extended Care Service and its objectives in the delivery of the Service.

### 4. Service Definition

This is a community-based service providing rehabilitation and sub-acute care for older people with complex mental health disorders who may also present with physical health co-morbidities and high support needs. This Service is for older people that do not require acute inpatient care but due to a level of complexity and or a lack of independence, do require a level of care before returning to their own home which may be an aged residential care facility.

The Service will provide 24 hour mental health focused care and treatment with accommodation, using a rehabilitation and restorative model which is strengths-based, person-centred, and environmentally, developmentally and culturally appropriate for older people.

The focus will be on recovery and the restoration of optimal functioning, independence, mental and physical health status and quality of life for each individual, increasing the Service user's ability to:

- manage their own illness
- achieve life goals
- develop positive relationships
- develop problem-solving skills,

in order to transition to a more independent level of care, which may be their own home or an aged residential care facility, within a six month timeframe. This transition will be detailed in a service user plan inclusive of goal setting.

The Service will provide Service users with rehabilitation support related to community living and self-management of their problems. The Service will provide the support and access to other health and social agencies that are required to regain /gain skills in household duties, personal care, and accessing community activities, health, and welfare services as required.

### 5. Service objectives

#### 5.1 General

The objective of the Service is to facilitate early discharge from an acute inpatient service and to prevent re-admission to an acute inpatient service, following a period of inpatient care for those older people in the sub-acute phase of a mental illness.

## **5.2 Māori Health**

Refer to the tier one Mental Health and Addiction Services service specification and tier two Mental Health of Older People and tier two Kaupapa Māori Mental Health and Addiction Services service specifications.

## **6. Service Users**

Refer to the tier two Mental Health of Older People service specifications.

## **7. Access**

Refer to the tier two Mental Health of Older People service specifications.

## **8. Service Components**

### **8.1 Processes**

Refer to the tier two Mental Health of Older People service specifications.

### **8.2 Settings**

This Service is provided in community based settings.

### **8.3 Key Inputs**

Refer to the tier two Mental Health of Older People service specification.  
Staff will have experience and skills in working with older people.

### **8.4 Pacific Health**

Refer to the tier two Mental Health of Older People service specification.

## 9. Service Linkages

Linkages include, but are not limited to the following:

Service Provider	Nature of Linkage	Accountabilities
Other providers of Mental Health and addiction services, general health, gerontology, primary health care services, Aged Residential Care providers	Referral, liaison, consultation and collaboration	Work with other relevant professionals and agencies in the care of the service user  Support effective transfer of service users from one service to another

## 10. Exclusions

Refer to the tier one Mental Health and Addiction Services service specification.

## 11. Quality Requirements

Refer to the tier one Mental Health and Addiction Services service specification.

## 12. Purchase Units

Purchase Unit Codes are defined in Health New Zealand's Nationwide Service Framework Purchase Unit Data Dictionary. The following codes apply to this Service.

PU Code	PU Description	PU Definition	Unit of Measure
MHO100	Mental Health of Older People – Sub-Acute Extended Care	Community service to maximise independence, support ageing of older people in place and optimize treatment of illness and other conditions by providing 24 hour individualised and person centred mental health intensive treatment, rehabilitation, review. Also support in the community following a period of inpatient admission thereby preventing re-admission or facilitating early discharge for those in sub-acute phases of mental illness and recovery.	Available bed day
MHO100C	Mental Health of Older People Sub-Acute Extended Care – Nurses & allied health	Community service to maximise independence, support ageing of older people in place and optimize treatment of illness and other conditions by providing 24 hour individualised and person centred mental health intensive treatment, rehabilitation, review. Also support in the community following a period of inpatient admission thereby preventing re-admission or facilitating early discharge for those in sub-acute phases of mental illness and recovery. The service is provided by nurses and allied health staff a component of a multidisciplinary team.	FTE

PU Code	PU Description	PU Definition	Unit of Measure
MHO100D	Mental Health of Older People Sub-Acute Extended Care Non-clinical staff	Community service to maximise independence, support ageing of older people in place and optimize treatment of illness and other conditions by providing 24 hour individualised and person centred mental health intensive treatment, rehabilitation, review. Also support in the community following a period of inpatient admission thereby preventing re-admission or facilitating early discharge for those in sub-acute phases of mental illness and recovery. The service is provided by non-clinical staff, a component of a multidisciplinary team.	FTE
MHO100E	Mental Health of Older People – Sub-Acute Extended Care – Cultural staff component	Community service to maximise independence, support ageing of older people in place and optimize treatment of illness and other conditions by providing 24 hour individualised and person centred mental health intensive treatment, rehabilitation, review. Also support in the community following a period of inpatient admission thereby preventing re-admission or facilitating early discharge for those in sub-acute phases of mental illness and recovery. The service is provided by cultural staff, a component of a multidisciplinary team.	FTE
MHO100S	Mental Health of Older People Sub-Acute Extended Care	Community service to maximise independence, support ageing of older people in place and optimize treatment of illness and other conditions by providing 24 hour individualised and person centred mental health intensive treatment, rehabilitation, review. Also support in the community following a period of inpatient admission thereby preventing re-admission or facilitating early discharge for those in sub-acute phases of mental illness and recovery.	Service

Explanations of the units of measure (UOM) from the purchase unit table.

Unit of Measure	Unit of Measure Definition
Available bed day	Total number of inpatient beds that are available to be occupied during the period multiplied by the number of days they are available during that period. To be counted as available the bed must be resourced, and either empty or occupied by a user of this service.
FTE	Full-time equivalent staff member (clinical or non-clinical) involved in direct delivery of services to consumers. Exclude time that is formally devoted to administrative or management functions e.g. half-time coordination of a community team.
Service	Service purchased in a block arrangement uniquely agreed between the parties to the agreement



## 13. Reporting Requirements

The Provider must comply with the requirements of national data collections: PRIMHD.

Additional information to be reported and the frequency of collection are specified by the Funder in the Provider Specific Terms and Conditions as agreed with the Service Provider.

Unless otherwise specified in the agreement, the following reporting information will be emailed to The Performance Reporting Team at: [performance\\_reporting@health.govt.nz](mailto:performance_reporting@health.govt.nz)

The Performance Monitoring Reporting tables for the Mental Health and Addiction Service Specifications<sup>1</sup> may be used for performance monitoring if specified as agreed with the Funder.

## 14. Glossary

Not required

## 15. Appendices

Not required

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<sup>1</sup> Performance Monitoring Reporting cluster tables for Mental Health and Addiction Services are published on the Nationwide Service Framework Library, Mental Health and Addiction Service specifications page, Downloads section [www.nsfh.health.govt.nz/service-specifications/current-service-specifications/mental-health-and-addiction-services](http://www.nsfh.health.govt.nz/service-specifications/current-service-specifications/mental-health-and-addiction-services)