

## Co-designing better care – physical health of mental health consumers

Researchers at the Centre for Primary Health Care and Equity, UNSW Sydney are seeking people to be involved in research to co-design an intervention to improve the physical health of mental health consumers using primary care.

Co-design is a process where people with lived experience of mental illness, family members, and primary healthcare providers work together and contribute their different perspectives to come up with the best solution.

The research also aims to learn about the experience of being involved in the co-design from the perspective of everyone involved.

### Why?

- People diagnosed with serious mental illness experience much higher rates of chronic physical illness than the general population, and up to 30 years reduced life expectancy due to preventable conditions. **Primary care is critical to improving physical health.**
- People diagnosed with serious mental illness, their families/supporters, health and community workers, general practitioners and practice nurses, have a **common interest** in improving mental health consumers' physical health and healthcare.
- People diagnosed with serious mental illness, their families/supporters, health and community workers, general practitioners and practice nurses can combine their expertise to create **new knowledge and innovative approaches for improved practice and effective care.**

### Would the research be a good fit for me?

The research might be a good fit for you if:

you experience serious mental illness and use or have used a GP (general practice, primary healthcare) for your physical health care and are over 18 years old.

OR

you are a family member of a person who experiences serious mental illness and who uses or has used a GP (general practice, primary healthcare) for their physical health care and are over 18 years old.

OR

you a provider of physical health and mental health care in a primary care setting *or* are a provider of mental health and physical health care in a community service setting and are over 18 years old.

## What would happen if I took part in the research?

If you decide to participate you would be invited to be involved in:

- 3 - 4 co-design workshops of approximately 2 hours each;
- 1 group interview (focus group) of approximately 1 hour; and/or
- 1 individual interview of approximately 45 mins

Most co-design activities will occur in November 2020. Interviews will be in early December 2020.

## Will I be paid to take part in this research?

If you are involved in the research as a person with experience of serious mental illness, or as a family member, you will be paid to be involved in the co-design process.

## Who do I contact if I want to find out more or if I want to take part in this research?

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