

## Paul, 23 years Assessment

Paul is a 23-year-old man who has a 12-month history of mental illness. Recently, he has become increasingly agitated, pacing up and down the hallway of his flat. He was discharged from hospital 12 months ago and has been reviewed by his case manager every 3 months, however over the last two months Paul's case manager has been seeing him almost every week and in the last two weeks he has been trying to visit Paul everyday, although he thinks Paul is trying to avoid him.

Paul has had disturbed sleep with significant initial insomnia for over a month and has been totally unable to sleep for the last 3 days. Paul is not usually aggressive towards his father or case manager. However, over the last couple of weeks he has been a bit intimidating and his neighbours have been concerned by his presentation. Paul is intimidating but denies being a danger to himself or other people. He denies being depressed. Paul is distractible and is unable to complete serial 7s. Today he has been seen striding around the communal living area of the units, waving his arms and calling out. He has delusional ideas associated with a "rat ship" which he cannot really explain - just that they relate to some "powers" we all "should know" about. He is distressed and preoccupied with these ideas although can't really explain them. He indicates that he has been hearing voices pretty regularly since his discharge from hospital. Paul has had some recent changes in appetite along with weight loss. His father has noticed that Paul is not eating as much as he used to.

Paul lives in a good home unit near to his parents and close to shops and transport. Generally the unit is clean and tidy but when Paul becomes unwell, he needs prompting to keep it this way. His father is involved in his day-to-day care at this time, visiting his flat daily to make sure that Paul is dressed, has breakfast and is looking for work. He is very concerned that Paul does not seem motivated to find work. Paul says that he sometimes argues with his father and that things would be better if, "he just got off my back", "I can do things for myself". Paul doesn't want to take medication and always forgets to take it so his father has to remind him constantly to take his medication. Paul is usually able to keep himself reasonably well groomed; recently he has stopped washing and appears unkempt. He has been wearing the same clothes for sometime and his father has been prompting him to wash and get changed. Paul usually manages his own finances and shops on a regular basis but he has limited cooking skills and recently has had to have increasingly significant support from his father for a range of activities.

Paul has not had regular employment since his admission to hospital 12 months ago. Currently, Paul attends a couple of different groups that are run at a local neighbourhood centre. These include a job skills group (to please his father) and a pottery and computer group. He likes the pottery and computer groups and "wouldn't mind a job with computers", but then indicates that there is not much point, "I am not really any good at anything". He hasn't attended these groups in the last two weeks. Paul has two good friends who have kept in contact with him since school and he usually gets together with them on the weekend. Paul's contact with his friends has been less frequent recently and he has not seen them for the past couple of weeks. Paul does have a couple of acquaintances who visit his flat and sit around smoking dope with him. Paul's father reports that Paul has been smoking "a lot" of cannabis in the past month and he last used it today. His father says that Paul hasn't been honest with his case manager about how much he has been using and "he's smoking everyday". There is also some concern that Paul may have been using other illicit drugs recently. Paul fell down the back steps of his flat a week ago injuring his wrist, which his father ensures is bandaged. No evidence of a break on x-ray and the radiological report suggests probable soft tissue injury. Paul has a reduced range of motion in his dominant hand and has been having trouble buttoning his clothing. Paul refuses to complete the consumer self report measure when it is offered to him.