

Taken from *Framework for Recovery - Oriented Practice*, Department of Health Victoria,
Domain: Promoting autonomy and self-determination (p9/10)

Put a rating in the right hand column from 1-5 that expresses where you think your staff are in relation to the following Key Capabilities for Mental health professionals:

- 5 = outstanding achievement
- 4 = completely achieved
- 3 = mostly achieved
- 2 = patchy achievement
- 1 = not yet achieved

Behaviours

provide all the necessary information to support people to make decisions about their mental health care	
inform people of their rights and actively protect and promote these rights	
support people to exercise their rights	
remove barriers that unnecessarily limit people's rights	
make every effort to ensure people's safety, comfort and wellbeing at all times	
consider people's varying levels of vulnerability and resilience at different times.	

Attitudes

recognise and support people's rights of self-determination and choice	
committed to facilitating the involvement of people accessing the service and their significant others in all aspects of service delivery	
acknowledge and value people's lived experience and expertise.	

Skills

are informed and skilful in supporting people's self-determination, decision making and informed risk taking, without compromising safety	
are able to support people's self-advocacy and to advocate on people's behalf when required with a view to facilitating a restoration of people's self-advocacy as soon as possible	
continue to develop the skills and capacity to support people to exercise their rights and make decisions about their mental health, wellbeing and lives.	

Knowledge

have knowledge of human rights principles and relevant frameworks	
are aware of consumer and carer movements and advocacy groups, and support their involvement in service delivery and service improvement	
have knowledge of relevant legislation and policies on consumer rights and consumer and carer participation in a range of processes.	