

Mfumo wa Utekelezaji Tathmini

Jedwali la Alama

TAG inatathmini ukubwa wa matatizo ya afya ya akili ya mhusika

Kwa kila kigezo (kilichowekewa tarakimu 1 hadi 7 weka alama ya tiki kwenye nukuu MOJA ambayo inaelezea kwa ukamilifu zaidi mtu huyo anayefanyiwa tathmini. Ni lazima ziwepo jumla ya tiki 7 katika mfumo uliokamilika (tiki moja kwa kila kigezo kilichoainishwa). Kisha kwa kila ngazi ya ukubwa wa tatizo (kwa mfano 'hakuna tatizo', tatizo kubwa sana), jumlisha zile tiki na uiandike kwenye kisanduku pale chini. 'Tatizo kubwa sana' inapatikana tu kwenye vigezo ambapo hatua za haraka za kuokoa maisha kutoka kwa jopo la wataalamu wa afya ya akili waliobobea linaweza kuhitajika. Kitini cha orodha ya uhakiki kinatoa mwongozo wa vitu vya kuzingatia wakati wa kufanya tathmini kwenye kila kigezo-hiki hakidhamirii kuwa na maelezo elekezi. Taarifa zaidi kuhusiana na TAG zinapatikana katika machapisho yaliyomo kwenye "researchintorecovery.com/tag"

		Hakuna	Kidogo	Ya wasani	Mbaya	Mbaya sana
[tag01]	Kigezo cha 1 Kujidhuru kwa kudhamiria	Hakuna shauku zozote kuhusu hatarisho la kujidhuru kwa kudhamiria au jaribio la kujiua <input type="radio"/>	Zipo shauku kidogo kuhusu hatarisho la kujidhuru kwa kudhamiria au jaribio la kujiua <input type="radio"/>	Vipo viashiria vya uhakika kuhusu hatarisho la kujidhuru kwa kudhamiria au kujaribu kujiua <input type="radio"/>	Upo uhatarisho mkubwa kuhusiana na usalama wa kimwili kutokana na kujidhuru kwa kudhamiria au jaribio la kujiua <input type="radio"/>	Upo uhatarisho kwa wakati huu kuhusiana na usalama wa kimwili kutokana na kujidhuru kwa kudhamiria au jaribio la kujiua <input type="radio"/>
[tag02]	Kigezo cha 2 Kujidhuru kusiko kwa kudhamiria	Hakuna shauku zozote kuhusu hatarisho la usalama wa kimwili lisilo la kudhamiria <input type="radio"/>	Kuna shauku kidogo kuhusu hatarisho la usalama wa kimwili lisilo la kudhamiria <input type="radio"/>	Vipo viashiria vya uhakika kuhusu hatarisho la usalama wa kimwili lisilo la kudhamiria <input type="radio"/>	Upo uhatarisho mkubwa wa usalama wa kimwili unaotokana na kutojijali, tabia isiyo na usalama au kutokuwa na uwezo wa kudumisha mazingira salama <input type="radio"/>	

		Hakuna	Kidogo	Ya wasani	Mbaya	Mbaya sana	
[tag03]	Uhatarisho Kigezo cha 3 Uhatarisho kutoka kwa watu wengine	Hakuna shauku zozote kuhusu uhatarisho wa unyanyasaji au unyonyaji kutoka kwa watu wengine au jamii <input type="radio"/>	Kuna shauku kidogo kuhusu uhatarisho wa unyanyasaji au unyonyaji kutoka kwa watu wengine au jamii <input type="radio"/>	Kuna shauku dhahiri kuhusu uhatarisho wa unyanyasaji au unyonyaji kutoka kwa watu wengine au jamii <input type="radio"/>	Upo ushahidi dhahiri kuhusu unyanyasaji au unyonyaji kutoka kwa watu wengine au jamii <input type="radio"/>	<input type="radio"/>	
[tag04]	Kigezo cha 4 Uhatarisho kwa wengine	Hakuna shauku zozote kuhusu uhatarisho wa kimwili au mali za watu wengine <input type="radio"/>	Tabia zisizo za kistaarabu kijamii <input type="radio"/>	Uhatarisho wa mali na/au uhatarisho kidogo wa kimwili au usalama wa watu wengine <input type="radio"/>	Uhatarisho mkubwa wa wa usalama wa kimwili kwa watu wengine kama matokea ya tabia hatarishi <input type="radio"/>	Uhatarisho kwa wakati huu kuhusu usalama wa kimwili kwa watu wengine kama matokea ya tabia hatarishi <input type="radio"/>	
[tag05]	Needs and disabilities	Kigezo cha 5 Kuishi	Hakuna shauku kuhusu mahitaji ya msingi, rasilimali au stadi za kuishi <input type="radio"/>	Kuna shauku kuhusu mahitaji ya msingi, rasilimali au stadi za kuishi <input type="radio"/>	Ukosefu wa mahitaji ya msingi, rasilimali au stadi za kuishi <input type="radio"/>	Ukosefu mkubwa wa mahitaji ya msingi, rasilimali au stadi za kuishi <input type="radio"/>	Viashiria dhahiri sana vinavyotishia maisha kutokana na ukosefu mkubwa wa mahitaji ya msingi, rasilimali au stadi za kuishi <input type="radio"/>
[tag06]		Kigezo cha 6 Saikolojia	Hakuna matatizo ya Kuondolewa uwezo au kuleta dhiki/ huzuni katika Kufikiri, hisia au tabia <input type="radio"/>	Yapo matatizo kidogo ya kuondolewa uwezo Au kuleta dhiki /huzuni katika Kufikiri, hisia au tabia <input type="radio"/>	Yapo matatizo ya kuondolewa uwezo au kuleta dhiki /huzuni katika Kufikiri, hisia au tabia <input type="radio"/>	Yapo matatizo makubwa ya kuondolewa uwezo Au kuleta dhiki /huzuni katika Kufikiri, hisia au tabia <input type="radio"/>	<input type="radio"/>
[tag07]		Kigezo cha 7 Kijamii	Hakuna matatizo yanayoweka kizuizi katika shughuli au mahusiano na watu wengine <input type="radio"/>	Yapo matatizo kidogo yanayoweka kizuizi katika shughuli au mahusiano na watu wengine <input type="radio"/>	Yapo matatizo yanayoweka kizuizi katika shughuli au mahusiano na watu wengine <input type="radio"/>	Yapo matatizo dhahiri yanayoweka kizuizi katika shughuli au mahusiano na watu wengine <input type="radio"/>	<input type="radio"/>

[tag08a] to [tag08e]	Idadi ya tiki	—	—	—	—	—	TAG score
[tag09]	Alama ya TAG	Weka alama ya 0 kwa kila alama ya 'Hakuna': 0	Alama 1 Kwa kila alama ya "kidogo/kiasi")	Alama 2 Kwa kila alama ya "kiasi fulani")	Alama 3 Kwa kila alama ya "kiasi kikubwa")	Alama 4 Kwa kila alama ya "kiasi kikubwa sana/dhahiri sana")	

Threshold Assessment Grid (TAG)

Checklist for Guidance

Also consider any other aspects which are relevant. The tick-boxes are provided for optional use to identify concerns, but the TAG rating is made on the score sheet.

1 Intentional Self-Harm

Individual factors:

- expressing suicidal intent
- clear plan
- available means
- preparations
- hopelessness
- no confidant, e.g. partner, friends, professionals
- poor coping resources
- lack of blocks to self-harm

Consider risk factors:

- past history of deliberate self-harm
- (i) alcohol/drug abuse OR (ii) diagnosis (e.g. depression, schizophrenia, personality disorder)
- (i) AND (ii) = increased risk
- physical illness/disability
- recent GP contact
- recent psychiatric hospitalisation
- recent loss
- no friends/family
- living alone
- unskilled worker
- unemployment
- older people
- male (especially young male)

2 Unintentional Self-Harm

Consider self-neglect:

- lack of self-care
- not eating or drinking appropriately

Consider unsafe behaviour:

- not seeking help for problems posing risk
- refusing appropriate help e.g. not taking medication
- not claiming benefits
- lack of awareness of own safety in home e.g. fire risk
- risky sexual behaviour
- substance misuse
- wandering

Consider the inability to maintain a safe environment

- unable to manage accommodation
- not paying rent
- running up debts

3 Risk From Others

Consider different types of abuse or exploitation:

- physical
- sexual
- emotional
- racial
- financial
- neglect

Consider risk from:

- staff
- relatives
- friends
- neighbours
- strangers
- treatments

Consider risk of abuse by carer:

- severe stress
- mental illness/alcohol/drug abuse in carer
- carer refusing help
- history of abuse by or to carer

Consider risk from society:

- history of abusive/exploitative relationships
- harassment from public
- use of home by unwanted others
- inadequate home security
- fear of retaliation for reporting abuse

4 Risk To Others

Consider risk to:

- children & other dependents
- partners
- carers
- staff
- neighbours
- strangers

Consider risk factors:

- current threats, especially to a named person
- history of violence to people/property
- carer's concern
- access to weapons
- no blocks to violence e.g. fear of consequences
- history of arson
- unemployment
- drug/alcohol abuse
- stress
- voices telling person to harm someone
- paranoia
- risky sexual behaviour
- anti-social behaviour e.g. unsafe driving
- lack of information about person's history
- no trusting relationship with professionals

5 Survival

Consider whether the person has problems with:

- a home
- heating for the home
- essential amenities (e.g. washing facilities, toilet, cooker, bed)
- the ability to look after their home
- the ability to keep adequately clean and tidy
- enough food & fluids
- clothing
- enough money to live on
- mobility
- the ability to use public transport
- the ability to cope with physical health problems

6 Psychological

Consider:

- overactive, aggressive, disruptive or agitated behaviour
- problems with hallucinations & delusions
- cognitive problems with memory, orientation & understanding
- mood problems e.g. depressed, manic, anxious
- problems with reading or writing
- a lack of coping strategies
- attitude to problems
- help seeking behaviour
- spiritual problems
- feelings of alienation

7 Social

Consider problems in relationships with others:

- lack of ability to make or maintain friendships
- lack of supportive relationships
- lack of intimate relationship
- sexual problems
- communication problems
- unable to handle daily hassles

Consider problems in activities:

- leisure
- unpaid work
- paid work
- education
- travel
- lack of personally meaningful life

Further information on the Threshold Assessment Grid is available from: researchintorecovery.com/tag