

## What the Program Offers

Psychological Assessments

Therapy sessions  
(individual, family, child & adolescent)

Medication review  
and follow-up

Post-discharge support

Crisis stabilization visits  
(for already enrolled clients)

Behavioural interventions  
at home

Caregiver education  
and coaching

Start your Mental Wellness  
Journey at Home!

Book an Assessment or  
Get more information  
about us and our services.

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## Home-Based Care



Care beyond Walls:  
Bringing Mental Wellness  
Nyumbani

**tranquil**  
**MED CENTRE**  
Care for Carers



# A New Standard of Mental Health Support

Our Home-Based Care Program provides professional mental health services **within a client's home environment**, allowing individuals and families to receive the support they need in a **familiar**, dignified and **comfortable space**.



## Why Home Based Care?



Reduces hospital visits for suitable clients



Provides continuous, real-time support



Strengthens family involvement in care



Offers a personalized, flexible, and private care experience



## The Client Journey

### 1. Sign Up

Clients can easily enroll into our program through a **direct sign-up** or **referral from a healthcare provider**. Our team reviews the initial request to ensure a smooth start to the process.



### 2. In-Person Initial Assessment

A **psychologist/psychiatrist** conducts a comprehensive in-person assessment to understand the client's medical, psychological, and social needs. This step helps us determine the **level of support** required.

### 3. Feasibility Survey

Our team visits the client's home to evaluate the **logistical considerations**. This ensures that care can be delivered effectively and safely

### 4. Development of a Care Plan

Using insights from the assessment and survey, we create a **personalized care plan**. This entails the services to be provided, frequency of visits, goals of care, and expected outcomes.



### 5. Service Delivery at Home

Our team offers compassionate, professional care directly in the client's home. Services may include therapy, nursing support, medication management, and psychosocial interventions.

### 6. Ongoing Support & Evaluation

We continuously track progress through **regular check-ins**, reviews, and adjustments to the care plan. This ensures the client receives responsive, evolving support throughout the program.

### 7. Transition/Discharge

When goals are met or the client's needs change, we coordinate a **smooth transition** from home-based care. This may include discharge or step-down services



## Who can benefit from our Home Based Care Program?

Our program is ideal for clients who:



Prefer a higher level of privacy to the one already offered at our facility



Prefer a familiar environment during therapies and treatment



Have mobility or transportation limitations



Need structured follow-up after discharge



Have difficulty engaging in facility-based programs e.g. due to physical challenges

## Home Based Care: The Tranquil Way

Professional, Empathetic care

Strict Confidentiality & Privacy

Safety-Focused home visits

Respect, dignity & cultural sensitivity

Clear Communication & Collaborative decision making involving skilled multidisciplinary teams