

How can I use my ratings?

When your HoNOS ratings are compared over time, they can help you see your own progress by showing changes that have occurred.

Discussing your HoNOS scores with your clinician is encouraged.

- » Discuss your scores and any changes as part of your recovery planning.
- » Request a rating when changes happen for you – positive or challenging.

Keep a copy of your own ratings over time and track your own progress.

If you don't agree with the ratings you can:

- » ask your clinician questions about their scores and discuss why they think this way
- » request that your point of view is recorded in your clinical notes.



Find out more

Talk to

- » Your clinician.
- » Your mental health team.
- » A consumer worker or advocate.

Online

- » Te Pou – www.tepou.co.nz
- » PRIMHD – www.moh.govt.nz/primhd

Email

- » The Ministry of Health – information@moh.govt.nz

HoNOS

HoNOS65+

Te Pou o te
Whakaaro Nui

HoNOS


You, your HoNOS
and *your* recovery

Information about the **Health of the Nation Outcome Scales (HoNOS)** for people who use specialist mental health and addiction services.



What is HoNOS?

Health of the Nation Outcome Scales:

A tool that measures changes in your health, wellbeing and circumstances over time.

HoNOS is completed by registered mental health professionals (clinicians). The ratings are based on their perception of what your needs are at that time.

This information can be used to support your recovery planning and progress.

Ratings are completed when:

- » you enter a service
- » every three months while you receive a service
- » when you leave a service.

Additional ratings can be completed any time and can be helpful for reviewing your progress. These are recommended if there is a significant event or change in your life that's positive or challenging.

HoNOS

is designed for use with 18-64 year olds.

HoNOS65+

is designed for use specifically with individuals over the age of 65 years.

HoNOS ratings

HoNOS has 12 items that are rated by your clinician.

1. Overactive, aggressive, disruptive or agitated behaviour
2. Non accidental self-injury
3. Problem drinking or drug taking
4. Cognitive problems
5. Physical illness or disability problems
6. Hallucinations and delusions
7. Depressed mood
8. Other mental and behavioural problems
9. Relationships
10. Activities of daily living
11. Living conditions
12. Occupation and activities

HoNOS items are rated from 0-4.

0 = no problem

1 = minor problem requiring no action

2 = mild problem but definitely present

3 = moderately severe problem

4 = severe to very severe problem

High scores are an indication of where you and your clinician might focus some attention and look for solutions.

At times, a rating of 7 may be used – this is only when the clinician does not have enough information.

Who sees my ratings?

- » You
- » Your clinician
- » Your mental health team
- » Anyone you choose to allow

After this, your ratings are protected so that no one else knows which ratings are yours.

Then the information may be used by the Ministry of Health and mental health and addiction services to understand how services are being used and delivered.

