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# Current State and Future Development Direction for Long-Term Psychiatric Care

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## Abstract

As population ages, long-term care policies have been under rolling adjustment in accordance with the diverse demands. Patients with a psychiatric illness, however, are overlooked in the present long-term care system. Therefore, this study discussed the current state and the future development direction of the long-term care faced by patients with a psychiatric illness under the existing National Ten-Year Long-Term Care Plan 2.0. Because of the chronic nature of psychiatric illness, the function of daily living in patients with a psychiatric illness will deteriorate, and the percentage of the patients developing disabilities is predicted to be higher than that of the general population. Moreover, the physiological, psychological, and financial burdens of family caregivers of this type of patients are heavy. Nevertheless, stigma, the lack of manpower in long-term psychiatric care, and the level of assessment tools not meeting the demands of long-term care prevent patients with a psychiatric illness from being integrated into the existing long-term care system to enjoy the resources. Therefore, for the subsequent development for the long-term care for this type of patients, a comprehensive long-term care service system should be established to provide the patients with a seamless long-term care model.

**Keywords:** long-term psychiatric care

# 探討精神長照的現況與未來發展方向

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## 摘要

隨著人口老化，長照政策隨著需求多元化一直滾動式修正，精神病人亦是現行長照體制下獨漏缺角，故本文探討現行「長期照顧2.0十年計畫」體制下，精神病人面臨長期照顧之現況與未來發展方向。精神病人因病程慢性化，將導致生活功能退化，其失能比例預估較一般人口為高。同時精神病人因家屬照顧者身心與經濟負荷嚴重，汙名化阻礙加上精神長照人力資源不足，以及評估工具等級未能符合長照需求，致無法融入現有長照體系資源。故精神病人的後續長期照顧發展需再建構完整長期照顧服務體系，提供精神個案無縫接軌長期照顧模式。

**關鍵詞：**精神長照