

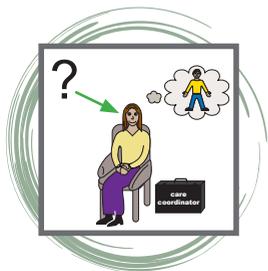
The Care Programme Approach (CPA)

is a way of delivering care, treatment and support in specialist mental health services.

If you are on CPA



Do you know who your care co-ordinator is? _____



This could be a nurse, occupational therapist, social worker or another mental health professional. The care co-ordinator works with you to make sure you get the help you need and makes sure everyone involved knows what each other is doing.

Do you have a plan? _____



This may be called a care plan, support plan or recovery plan. You should help to write this. It will tell us what you are good at, what you need help with, the things you want to do and the support you have. You need to say what you want to happen if you become poorly so we can help you stay safe.

The plan can include:

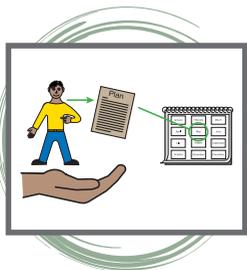
- Your health
- Your home
- Your money
- The medicines you take
- The things you do during the day
- Your family
- Things to keep you safe
- Who you are



You should be given information to help you make choices about what goes in your plan.

Your care co-ordinator should give you a copy of your plan when it has been agreed by everyone involved.

Have you had a Review? _____



Your plan should be reviewed every year. It can be reviewed more if your needs change. This will let everyone know what is going well for you or things that may need changing.

You can say who is involved in the review. You can bring a relative, friend or advocate.

Your review should be planned to give you time to think about what you want to talk about.

The review can be a big meeting with everyone there or some smaller meetings.

Does your carer know what support they can get? _____



If you have someone who is closely involved in supporting you they can have their own assessment or support.

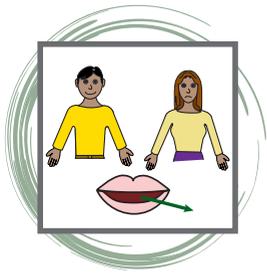
They can also be involved in your reviews if you both agree.

Are you treated with respect and dignity? _____



You should be listened to and treated as an individual by everyone who is supporting you.

If information about you needs to be shared, it should be done in a sensitive way.

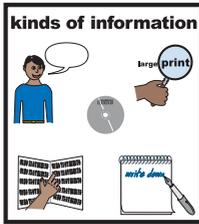


If you do not agree with any of these questions you need to talk to someone who is working with you.

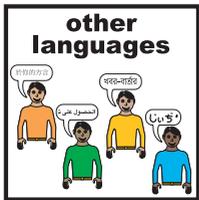
Talk to _____



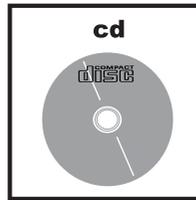
You can talk to PALS on **0800 0525 790** or **0113 30566620**.



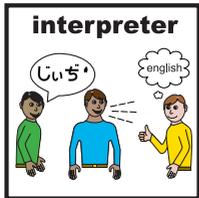
We can offer you this information:



In other languages.



On a cd.



By an interpreter.

Please contact the Diversity Team by telephone; **0113 2954413** or by email; **diversity.lypft@nhs.net**