

## Care plan reviews

We will meet with you at least every six months to make sure your care plan is still right for you.

This is called a Care Plan Review or 'CPR' or 'CPA'. At the meeting we will:

- talk about your progress or any difficulties with your care plan
- discuss any other needs you may have
- update the plan together.

This meeting may be in your home, on the ward or in a local AWP building.

It may be just you and your care co-ordinator or may include other healthcare professionals. You can also invite a friend, relative, carer or an advocate if you would like one.

Everyone should receive an updated copy of your care plan within a week of your CPR meeting.

You and people supporting you can ask for a CPR at any time if you think your care plan needs to change.

## Further information

If you, or the people supporting you, have any questions or concerns about your care, please contact your care co-ordinator.

## PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS)

Tel: 01225 362900

Freephone: 0800 073 1778

Email: [awp.PALS@nhs.net](mailto:awp.PALS@nhs.net)

## Other formats and languages

If you need this information in another language or format (such as large print, Braille), please call the PALS number.

Lead: Lead Nurse Community

Leaflet code: 2012-237

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Avon and Wiltshire  
Mental Health Partnership  
NHS Trust

# Care planning

You matter, we care

## What is a care plan?

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As part of the Care Planning Approach (CPA), you will have a care coordinator.

Together you will write a plan for the services and support you need to move towards recovery. This is called a Care Plan.

This is the first step in making sure you have choices and are involved in making decisions about your care.

## What will my care plan cover?

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Your care plan will set out:

- the problems you are experiencing and your needs
- your goals; and what you will do and what we will do to help you achieve them
- the services and treatment you will receive
- a backup plan if (for some reason) your care plan cannot be delivered

- contact details for support.

Your care plan may also include:

- ways to improve your physical health; such as exercise or stopping smoking
- having more contact with people
- help with benefits or employment.

## Supporting you in a crisis

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Every care plan includes a crisis plan.

This helps us identify:

- early warning signs of a crisis
- the things you will do and the support you can expect from our services to reduce the crisis and prevent you having to go into hospital.

## Who is involved?

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Recovery is most likely when produced in partnership with you and others supporting you such as relatives, family or friends.

With your agreement, we will also encourage anyone supporting you to be involved.

Your care plan should:

- take account of your views on how you would like your care delivered
- recognise your strengths and what is important to you
- explain anything you disagree with.

## Who sees my care plan?

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Your care plan is held securely on your electronic record so that the health professionals involved in your care can see it. A copy will also be sent to your GP.

Your care co-ordinator will give you a copy of your care plan.

With your agreement, people supporting you will also be given a copy.



If you feel parts of your care plan should be kept private, please talk to