

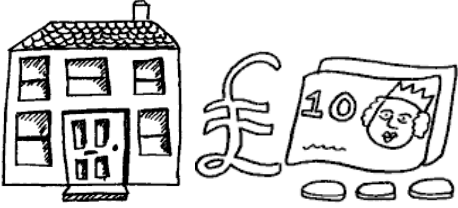
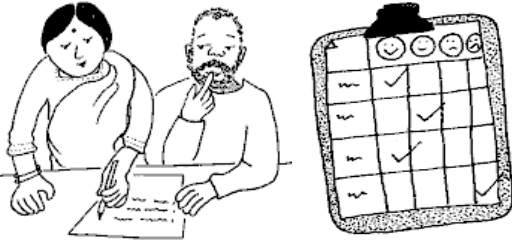


What is the Care Programme Approach?

It is also called CPA

	<p>When the doctor or nurse arranges treatment and care for you, they write it in your Care Plan so you can understand it.</p>
	<p>Your Care Plan makes sure that one doctor or nurse will keep in touch with you and everyone else about it.</p>
<h3>Working out your Care Plan</h3>	
	<p>This is about all things that affect your health – like your housing, your job, your money and your family, your friends, even your pets.</p>
	<p>All these things affect you and when you are poorly you can worry about them.</p> <p>By working out what to do about them you will get better more quickly.</p>



It is your Care Plan so it has to be agreed with you.



To show you agree you will be asked to sign your Care Plan.



Ask as many questions as you like.

Some questions you might want to ask.






What is my illness?

What medicines to take?



Is there a group that can support me?

	<p>Can you help me find a job?</p>
	<p>What should I do in a crisis?</p>
	<p>Who can come with me to appointments?</p>
	<p>Ask anything else you want to know, and tell us about you and things you do not like.</p>
	<p>You will be given a copy of your Care Plan and a copy will go in your medical records.</p>
	<p>We will also give a copy to people who help you.</p>



We will ask for your permission to do this.

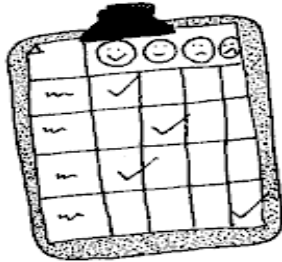
Your Care Coordinator



This is the person you see most when you use mental health services.



It could be a doctor, a nurse, a social worker or someone else who works for North Essex Partnership Foundation Trust.



Their job is to make sure that everything in your Care Plan is done and that you know what will happen next.



If you have questions about your Care Plan you can ask your Care Coordinator.

Will my Care Plan Change?



Yes it will as you get better.

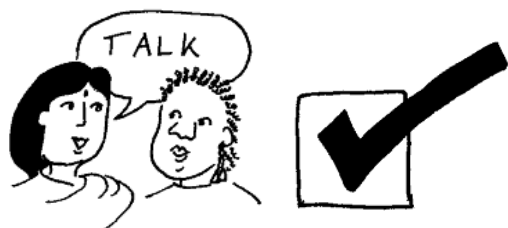


About every six months there is a meeting with you called a 'Care (CPA) Review'

What happens at the Care (CPA) Review?



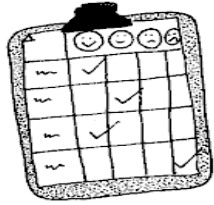
This is where you and your Care Coordinator look at the Care Plan to see what has happened and what hasn't.



They check with you about what is working.



If you are not happy something else might be tried.



This must be agreed with you.



You will be given a new copy of your Care Plan and a copy will go in your medical records.

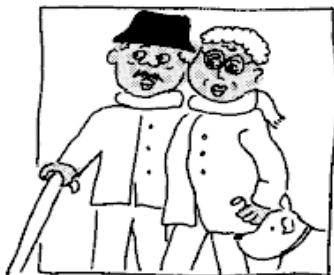


We will also give a copy to people who help you.



We will ask for your permission to do this.

Carers and Families



If there is someone who helps you to look after yourself we call them 'Carers'.



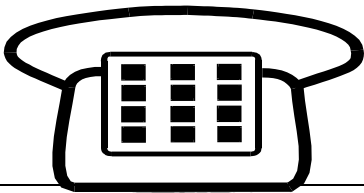
We can also help Carers to help you.

Where can I get more information?



You can ask your Care Coordinator.

(Write their number down here.....)



Or you can call PALS - the Patient Advice and Liaison Service.

01245 546433 (open Monday to Friday 9am to 4.30pm)



You can ask someone to find out more or attend with you. This is called an advocate.

(Write their number down here)

This space is for you and other people to write reminders.

