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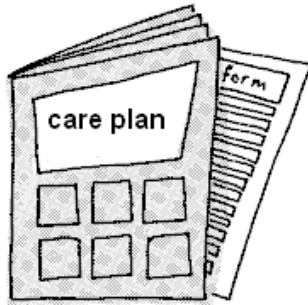
# Mental health and learning disabilities

## The care programme approach (CPA)

## Leaflet 3: My Review

# What is the Review?

Your care plan needs to work properly. The best way to make sure this happens is by reviewing the care plan when it has been working for a little while.



Your Care Co-ordinator will ask you how well things are going, if anything needs to change and if there is anything you don't like.



Your care plan will be reviewed at least once a year. You can ask for it to be reviewed at any time. The professionals you work with may want to review it more often if there needs to be a big change in your care.



Your Care Co-ordinator will then have a good idea about what needs to be in your care plan.



All the professional people involved in your care will be invited to your review.



We will give you a choice about who to invite to the meeting. We will tell you if we cannot do this.



The next step is a meeting for you and everyone involved in your care. We will give you a choice about who to invite.



The meeting will make sure everything in the care plan is possible, everyone understands it and everyone knows what they need to do to make it work.

