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هذه ديترت تنك اذا communications@derbyshcft.nhs.uk انب لاصتال اءا جرب فل تخم قيسنت و اة غلب تامول عمل

如果您想要将本信息用其他语言或格式显示，请联系 communications@derbyshcft.nhs.uk

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अगर आप यह जानकारी अलग भाषा या स्वरूप में चाहते हैं तो कृपया संपर्क करें communications@derbyshcft.nhs.uk

Jeżeli chcieliby Państwo otrzymać kopię niniejszych informacji w innej wersji językowej lub w alternatywnym formacie, prosimy o kontakt z communications@derbyshcft.nhs.uk

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਨੂੰ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕਰਿਪਾ ਕਰਕੇ ਸੰਪਰਕ ਕਰੋ communications@derbyshcft.nhs.uk

ہی وک پآ رگا communications@derbyshcft.nhs.uk اءارب وء وء بولطم ىم عض و اى نابز فل تخم ىسك تامول عم ىىرك مطبار ىنابرم

Mental health and learning disabilities

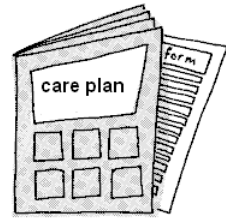
The Care Programme Approach (CPA)

My Care Plan (leaflet 2)

What is the Care Plan?

Your care plan says what needs to happen to help you have a better life.

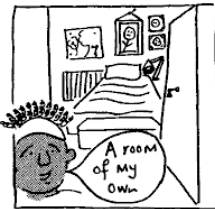
These are some of the things that can be in your plan:



Mental health needs

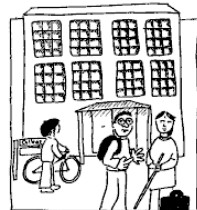


Relationships



Where you live

Where you work



Your school or college

Physical health needs

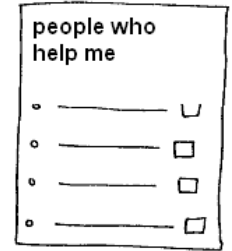


Money

Your Care Plan says what extra things are needed to help you and how to get that help.



Your Care Plan lists the names of the people who are involved in your care.



Your Care Plan will say who your Care Co-ordinator is. This is the person who makes sure your Care Plan is working properly.

Your care Plan will say what happens in an emergency and when things go wrong.



You will be asked to sign the Care Plan to say you agree with it. You will be given a copy of the care Plan. Other people involved in the care plan should also have a copy. If you feel parts your care plan should be kept private you can talk to your care co-ordinator.



You can ask for your care plan to be reviewed at any time if you think it needs to change.

