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The Care Programme Approach (CPA)

Leaflet 2: My Care Plan



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

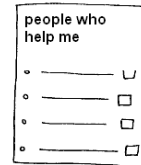
- Physical health needs



- 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.