



# Care and Treatment Reviews: About me

**Easy read guide for adult inpatients**

# What is a Care and Treatment Review?



People of any age (children and adults) with a learning disability or autism can have a review of their care. This is **not** part of your day-to-day care.



This review is a check to make sure your care is going well, and to see if it can be made better. Most people find the reviews helpful.



You are the most important person in your review. We will do everything we can to make it a good experience.



You can have someone with you at the review, if you want. This could be:

- a family carer
- an **advocate** (someone who can help explain what you want and ask questions for you)
- or someone important to you.



We will also find it helpful to talk to the people providing your care, and your family.

# Do I need to do anything before the review?



The review is a chance for you to say what matters to you and what you think.



We have listed some of the questions on **pages 6 to 11** of this guide.

You might want to start thinking about your answers to these questions.



You might be feeling unsure if you want to talk to us. You could start by just saying hello and then decide what you want to do next.



It is OK if you decide you do not want to talk to us.



You can tell us about yourself in your own way. This could be writing down what you want to say instead of talking to us.



I agree



We will ask for your **consent** (agreement) before the review.



At any time during the review, you can tell us:

- If you need anything
- If you have any problems
- If you have any questions
- If you need to stop or take a break.

# What questions will you ask me?

We ask lots of different questions to make sure your care is going well, and to see if it can be made better.



- Do you feel safe here?
- Do people treat you well?



- Do you feel that the treatment is helping you to get better?
- Is there anything about your treatment that you like or do not like?



- Do you know what medication you are taking?
- Do you know what it is for?



- Are you keeping fit and well?

Mon	<input checked="" type="checkbox"/>
Tue	<input type="checkbox"/>
Wed	<input checked="" type="checkbox"/>
Thu	<input checked="" type="checkbox"/>
Fri	<input type="checkbox"/>



- How often are you **active** (like playing sport or going for a walk)?
- What activities do you like doing?
- Can you choose what activities you do?



- Is there food you like?
- Are there healthy choices?





- If you have any other health problems, do people listen and help?
- Have you had an **annual health check** where you talk about yourself and your health?



- Do the staff help you with things like washing, brushing your teeth and getting dressed (if you need help with these things)?





- What activities do you enjoy doing in hospital?
- Do you do any activities with other people?

## My room



- Is there anything about your room that you like or do not like?
- Does it feel like your room, with your things in it?



- Which family and friends do you like to spend time with?
- Are they able to visit you?
- Are you able to speak to them on the phone or on a video call?



- How often do you feel sad or **anxious** (worried)?



- Who do you talk to when you feel sad or anxious, or when you have a problem?



- Do you have an **advocate** (someone who can help explain what you want and ask questions for you)?



- Do you take part in meetings about your future care and treatment?



- Where would you like to live in the future?
- Who would you like to live with or near to?



- Who would you like to contact you about the next steps after this review?

# What happens next?



We will write a **report** about what you told us at the review. The report will be ready within 2 weeks of the review.



We will send the report to you, your family and carers, and anyone else who needs to have it. The report will use words that you can understand.



The report will be used to make sure your care is going well, and to see if it can be made better.



Then we will arrange a review to discuss your current care and treatment plan.



I agree ☒

You may be offered a review again in the future. We will ask for your **consent** (agreement) each time we do a review.

Produced by NHS Arden and Greater East Midlands Commissioning Support Unit and NHS Midlands and Lancashire Commissioning Support Unit.

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