



Care and Treatment Reviews: About me

**Easy read guide for adults
in the community**

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 for people who might be having difficulties and are at risk of being admitted to a mental health hospital. 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 10** 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 you have the care and support you need, and to see if there is anything more we could do.

We want to make sure we are doing everything we can to keep you out of hospital unless that is the best place for you to be.



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



- Are you happy at home?
- Is there anything that you want to change about where you live or who you live with?
- Is there anything that could help you live more independently?



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



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



- Are you in pain?
- Are you worried about changes to your body, like gaining or losing weight?
- Do you have any problems with your eyesight, your hearing or your teeth?



- Are you eating and drinking normally?
- Do you sleep well?
- Do you find it difficult to poo (do you have constipation)?



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



- What makes you feel well and happy?



- What activities do you enjoy doing?
- How often do you get to do the things you like?



- How often do you feel sad or **anxious** (worried)?
- Do you stop doing the things you like when you feel sad or anxious?
- Who do you talk to when you feel sad or anxious?



- Do you have a job at the moment?
- Do you like it?
- Is there anything that could help make it easier for you to work?



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



- 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 you have the care and support you need, and to see if there is anything more we could do for you.



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



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

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