

The Care Programme Approach (CPA)

is a way of delivering care, treatment and support in specialist mental health services. If you are on CPA



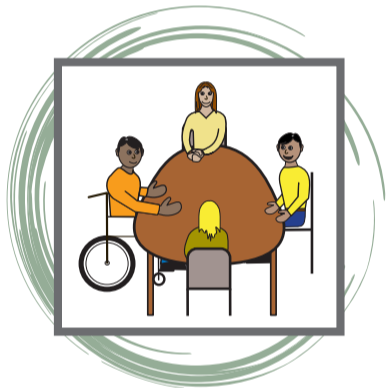
Do you know who your care co-ordinator is? _____

This person may be a nurse, occupational therapist, social worker or another mental health professional who takes on this role.



Do you have a plan? _____

This may be called a care plan, support plan or recovery plan.



Have you had a review? _____

You should be involved in reviewing your plan at least once a year but usually much more often if things change.



Does your carer know what support they are entitled to? _____

If you have a carer they should be offered their own assessment or support.



Are you treated with respect and dignity? _____

You should be listened to and treated well.

If you said NO to any of these questions please speak to someone who is working with you about this. If you are not satisfied with their response please contact PALS on **0800 0525 790** or **0113 3056620**.

If you would like more information about CPA please pick up a leaflet.

