

What is the Care Programme Approach?

The Care Programme Approach is a package of care that is used to plan your mental health support.

Key Points

- ✓ The CPA is a framework used to assess your needs and make sure that you have the right support to meet your needs
- ✓ The CPA is there to support your mental health recovery and help you to stay well
- ✓ Community Mental Health Teams use CPA's to support people who are eligible
- ✓ You will have a care co-ordinator who will monitor your care and support
- ✓ Your care co-ordinator will review your CPA plan regularly to see if your needs have changed

Who gets help under Care Programme Approach?

The CPA guidance says that mental health services should think about the following points when deciding if you need help under CPA:

- If you have a severe mental health condition, including personality disorder if it is not well managed
- If you experience risks or possible risks such as:
 - Self-harm, suicide attempts, harming other people including breaking the law
 - A history of needing urgent help
 - Not wanting support or treatment
 - Vulnerability such as financial difficulties or abuse
- If you experience severe distress or have experienced in the past
- If you find it difficult to work with mental health services
- If you have a learning disability, or experience drug or alcohol misuse, as well as a mental health condition
- If several agencies are involved in your care such as housing, voluntary agencies, physical health care or the criminal justice system
- If you have recently been detained under the Mental Health Act 1983 or you are sectioned now
- If you have recently been in touch with the Crisis Team or getting their help at the moment
- If you need a lot of support from carers

- If you care for a child or an adult
- If you experience difficulties because of:
 - Parenting responsibilities
 - Physical health issues or disability
 - Housing problems
 - Struggle to find work or stay in employment
 - Mental health conditions which significantly affect your day-to-day life
 - Language difficulties, sexuality or gender issues, or immigration status

What is a care co-ordinator?

A care co-ordinator is a mental health care professional who will usually be a community psychiatric nurse (CPN), occupational therapist or social worker.

A care co-ordinator is the person who will coordinate and monitor your care.

The name of your care co-ordinator should be in your care plan.

You should have regular contact with your care co-ordinator.

Your care co-ordinator should:

- Work with other professionals to assess your needs
- Involve you in your care planning
- Write a care plan which shows how the NHS and other services will meet your needs
- Regularly review your plan with you to check your progress
- Provide you with a copy of your care plan

A care plan will be agreed in a CPA review meeting which you will be invited to. You can have support from an independent advocate.

How does CPA work?

CPA is a process for identifying what your health and social needs are and arranging the best ways of meeting them.

The aim is to make sure you do not lose contact with professionals and that your care is properly planned and co-ordinated.

Sometimes this will involve meetings with all the professionals and people who support you. Other times it will mean just having contact with your care co-ordinator.

What is a CPA review meeting?

Your care co-ordinator should arrange your CPA review meeting at least once a year. If you are detained in hospital this should take place every 6 months.

Within the meeting your needs will be discussed, and your care plan reviewed. This may include inviting all the people who support you to agree your care plan.

If you do not feel comfortable with this, you may request your care co-ordinator arranges a smaller meeting. Your care co-ordinator can then have a conversation with any other people involved in your care before the meeting and share their views within the review meeting.

How can I prepare for my CPA?

You can think about the following points:

- What is going well?
- What are the difficulties I am having at the moment?
- What support would be helpful for me?
- What would help me if I experienced a crisis?
- Would I like to make an advanced statement?
- Write a list of the things I would like to talk about and any questions I want to ask?

You can use the CPA planner document to help prepare for your review.

What should be in my plan?

Your care plan sets out what support you will get day to day and who will provide that support. This might include friends or family who care for you as well as professionals.

What goes into your care plan depends on your needs and wishes.

Your care coordinator should listen to your views about what support you think would be helpful.

The following things are likely to be considered for your care plan:

- Medication and side effects
- Risk to yourself or others
- Issues with drugs or alcohol
- Therapy
- Physical health needs
- Help with money problems
- Advice and support
- Occupational therapist to help with everyday living tasks
- Help with employment, training or education
- Help from a support worker
- Help with housing
- Social care services such as support at home and help with getting out and about in the community
- Personal circumstances including family and carers

A range of professionals will assess your needs and make your care plan in partnership with you. This means that people from different agencies and specialities should be involved in your plan. For example, clinical staff will give their opinion about your treatment needs such as medication and therapy. Welfare professionals such as a social worker, will give their opinion about social support that you need at home or in the community.

Your care plan should include details of what to do in a crisis. This could include a crisis line number that you could ring.

You have the right to a copy of your care plan. They should send a copy to your GP. Your carer and relatives can also have a copy if you want them to.

Who makes decisions?

Decisions at CPA reviews should be made together. If there are differences of opinion the person chairing the meeting usually has the final say. The chair is usually your care co-ordinator or psychiatrist.

What is an advanced statement?

This is a statement made in advance to say how you would like to be treated should you become unwell. It should be recorded in your care plan if you have made an advanced statement and where it can be found.

Will I get help under CPA if I have been detained under the Mental Health Act?

Many people who have been detained under the Mental Health Act will be supported through the Care Programme Approach (CPA) after they are discharged from hospital.

Most people who are entitled to free aftercare under section 117 should get help under CPA. You will be entitled to free 117 aftercare if you have been detained under certain sections of the Mental Health Act.

You will be on CPA if you are under a Community Treatment Order (CTO).

You can find out more about s117 aftercare on our self-help resources page.

When will my CPA stop?

Your care programme approach (CPA) will stop if your mental health team believe that you no longer need this level of support.

Your CPA should not stop too early just because your health seems to be stable. Your team should think about if the level of support you are getting is keeping you well. Your team should do a risk assessment with you before stopping your CPA.

What can I do if I am unhappy?

There may be different reasons why you may be unhappy with your care plan:

- Your care plan does not cover all of your needs
- The services you get don't help you
- Your CPA stopped too early
- You aren't happy with the relationship with your care co-ordinator

Think about the following to try and sort out the issue:

- Talk to your care co-ordinator
- Talk to the manager of the service
- Ask for an advocate or friend to help you to talk to professionals
- Make a formal complaint
- Tell your local Member of Parliament (MP)

Advocacy

An advocate is someone who is independent and on your side. You can talk through your options with an advocate. They can support you to prepare for and speak up in meetings.



Scan me for information about IMHA
You can contact an advocate on 01925 246 888