

You can ask your family, carer or advocate to support you in a meeting.

Your advocate can help you to speak up about what is important to you and make sure you are involved in any decisions.

You can use the 'your review planner' to help you get ready.

Your care and support plan will change if your needs have changed.

If these changes are big you may need to have another assessment?

Your social worker will write down what you said in the meeting and give you a copy of your new care and support plan.

Your social worker will let you know if you will keep getting support from the local authority.

Your first review will be within six weeks of you getting care and support services.

Your care and support will be reviewed every 12 months.

You can ask for a review at any time if something changes or you are not happy with your plan.