



## What is this leaflet about?

This leaflet provides you with information that will help you in preparing for your social care review meeting and an opportunity to prepare some of the things you would like to discuss.

## What is the review?

The review is to look at your social care. It might happen at the same time as a review of the treatment you receive from a doctor, but it might happen on its own. Social care includes things like any care package that you have to support you, a day centre, any Direct Payments you are receiving or it could be the supported accommodation where you live. Your care and support plan needs to show what you are receiving and that it is right for you. The best way to make sure this happens is by reviewing this when it has been working for a little while.

## When should it happen?

You should have an opportunity to review your care and support plan with us at least every 12 months but you can ask for this at any time and we can discuss with you what is needed. We might also suggest this happens more regularly depending on the care and support you are receiving.

We may also review your wellbeing plan if your circumstances and/or care and support needs change.

## How will I know when it is happening?

We will write to you with as much notice as possible before we need to meet you to arrange a convenient time.

## What will happen at the meeting?

Usually your care coordinator or another staff member like a STaR worker who knows you, will ask you how well things are going, if anything needs to change and if there is anything you don't like. This will help you to decide together what needs to be in your care and support plan for the future.

## What about my physical health?

It is really important that we all look after our physical health as evidence shows this has a positive impact on our mental health and wellbeing.

Depending on the services you receive, we may ask you to attend a physical health check before we meet so that we can discuss the results of this at your review meeting and any further support you might need.

Even if we don't ask you to go for a physical health check we will want to discuss your physical health and how this affects your overall wellbeing.

## What sorts of things should I think about before the meeting?

It might be useful to think about the following things to discuss with us:

- How you feel your care package, direct payment or supported accommodation is working for you.
- How your mental health is impacting on other areas of your life.
- How you would like people who are supporting you to be involved (such as family members, carers etc)
- What your goals are for your own ongoing recovery.
- Whether you feel your personal budget/direct payment is helping you achieve your goals and improve your wellbeing.

## Who should be at your meeting?

If there is someone supporting you, that you would like to attend your meeting (such as a family member or carer) please let us know so that we can invite them and also ensure we provide them with any support they need. It may also be Important to have any other people who are helping you you such as a support worker, GP etc.

## What can someone supporting me expect from a review meeting?

If there is someone who is providing you with support, it will often help them to be part of the conversation.

This is your choice but we do encourage this as it can help us to ensure everyone involved in supporting you has access to the right information to help with your ongoing recovery including information about support available for carers, friends and families.

## What should be the outcome of the meeting?

The meeting will make sure everything in your care and support plan is achievable, that everyone understands it and everyone knows what they need to do to make it work.

## Contact details

If you need to contact someone about your care please contact the team. We recommend writing these details below:

The person responsible for your care is

Name: .....

Team: .....

Contact Details: .....

**If you need support out of hours or in a crisis, and are unable to contact the team, please call the mental health helpline on 0800 6444 101**