

## The Care Programme Approach (CPA)



This leaflet is about the **Care Programme Approach**.

Ask someone if you need support to read or understand this information.

### How we deliver your care

Sussex Partnership **NHS**  
NHS Foundation Trust



When you get help from Sussex Partnership Trust, we want to make sure that:

- You feel respected
- We help you to recover (get better)
- We support you to enjoy life
- We support you to be independent
- We support you to make choices and decisions about your care
- We work with the other people who support you
- We understand you might have a lot of different needs
- We understand that we might need to work with you for a long time

# The Care Programme Approach (CPA)

  	<h2>What is the Care Programme Approach (CPA)?</h2> <p>The <b>Care Programme Approach</b> is one way we help you to get care.</p> <p>We will use CPA if:</p> <ul style="list-style-type: none"><li>• You have a lot of different needs</li><li>• You need different services to support you</li></ul> <p>Under CPA you will have a <b>Care Co-ordinator</b> who will:</p> <ul style="list-style-type: none"><li>• Keep in touch with you and all the other people who support you</li><li>• Make sure you get the support you need</li><li>• Check your support is working.</li></ul> <p>Before we decide if you need a CPA we talk to you to find out the best way to support you. This is called an <b>assessment</b>.</p>
	<h2>What happens in an assessment?</h2> <p>In your assessment we will talk to you about what you need.</p> <p>We will talk with you about your feelings.</p> <p>We will talk to you about things in your life that might be difficult - like home, relationships or work.</p> <p>We will then decide if the Care Programme Approach is the best way to help you.</p>



If the CPA is not the best way for you we will find another way to help you.

Ask your worker about other ways we can help you.

### Who will be the Care Co-ordinator?



The Care Co-ordinator might be a Nurse, Social Worker or Occupational Therapist

It should be someone who knows you very well and who you feel happy with.

The Care Co-ordinator will listen to what you think and what you want and answer your questions.

They will stay in touch and make sure you get the support you need.



### What is a Care Plan?



A care plan is a document about how you will be supported. You can help make your care plan.

Your care plan should:

- Try to make things better for you
- Have information about your care
- Show if there are things about your care that you don't like
- Have plans for when things go wrong
- Show your next review date



When your plan is finished you, your carer and your Care Co-ordinator will sign it.



Everyone who is part of your care will have a copy, including your GP.

## What is a Review?



A review is when we check that your support is still right for you.

We will do a review every 6 months.

- The review should be at a good time and place for you
- The review can be just you and your care co-ordinator talking
- You and anyone involved in your care plan can ask for a review any time.



## Contact



If you have any questions about this leaflet please ask your Care Co-ordinator.



If you would like this leaflet in large print, audio or other community language please call the Communications Team on **01903 843129**.