

## Contact us



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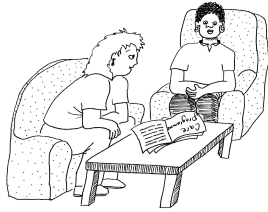


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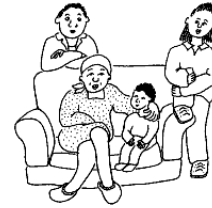


## The Care Programme Approach (CPA)

### Leaflet 1: What is the CPA?



CPA makes sure that you are involved in decisions about your care and support. We will work together with you to try to make your life better.



CPA says that your friends, family, advocates and carers are important to you. They sometimes need help as well.



CPA makes sure that important things are written down in one place.



CPA makes sure that people who are important to you are involved in your care.

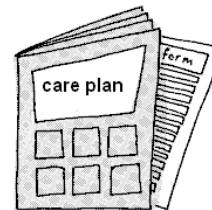
CPA makes sure that everyone knows what is needed to help you.



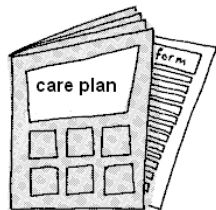
When you start on CPA, you will have a chance to talk about your strengths, the help you need and what you want out of life. This is called an assessment.



CPA makes sure that everyone knows what they need to do to help you.



After the assessment, you will be involved in making a care plan. A care plan says what needs to happen to help you.



CPA makes sure that you have a written care plan. This plan also says what will happen in an emergency or if things go wrong.



You will be given a Care Co-ordinator. This is the person who will make sure that your care plan is working.