

## WHAT'S IN MY CARE PLAN?



Everyone must have a care and treatment plan. If you don't know what is in yours or you want to ask questions about your care and treatment then this tool can help you to do so.

Why am I in hospital and what kind of illness am I being treated for?

Why can I not have this treatment in the community?

How am I going to be treated/assessed?

How do you think I am doing?

Who is the main person in charge of my care & treatment plan?

Who are the people in the team looking after me and what do they do?

How long do you think my treatment/assessment will take?

What does my care plan include?

What is the aim of this plan?

How can I input into my care plan?

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What other options/choices do I have?

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How often is my care plan reviewed and how?

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What if I disagree with my parents?

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Who will be involved in reviewing my care plan?

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Can I get a second opinion on my treatment?

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Who can I have there to speak up for me?

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How long does a review meeting last?

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What has to happen before I can leave the unit?

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Can I have a copy of my Care & Treatment Plan?

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