

## What can Carers/Supporters Expect?

- We will recognise Carers as partners in care, in providing valued care and support
- We will also offer your Carer an assessment of their needs. Carers have a right to their own assessment of needs and a plan of support
- Carers can expect to have information and training to support them in their caring role
- Carers can expect their views to be kept confidential if they so wish
- A person's confidentiality may be overridden if the Carer is deemed to be at risk

## What can you expect?

- A copy of your Recovery Care Plan
- To participate fully in the development of your Recovery Care Plan and options available to you such as Personal Budgets and Care Packages where applicable
- To have your views and opinions listened to
- To be able to request a review
- To have the choice of an advocate, friend or relative to attend meetings
- To have access to clear documents and records regarding your care
- To receive information and advice regarding the Mental Health Act & Mental Capacity Act, as appropriate
- Professionals will work flexibly and creatively with you
- Professionals will keep in touch with other people who are supporting you
- Regular reviews of your Recovery Care Plan

## What is Recovery?

Recovery is about regaining wellbeing and the capacity to lead as full a life as possible. Recovery is not necessarily about a cure, nor does it mean that people always have to move on from using health or social care services.

## Recovery is about:

- An individual journey
- A strengths based approach
- Taking steps towards your goals and aspirations
- Taking responsibility for oneself
- Looking at the whole person and not just the illness
- Making choices
- Gaining a sense of well-being and confidence

## Useful Information

Should you need to contact someone out of hours, then the Crisis and Home Treatment Teams can be contacted on the following numbers relevant to the area you live in:

East Dorset: 01202 652000  
West Dorset: 01305 361511

Your Care Co-ordinator/Lead Professional is:

The information in this leaflet is available in additional languages and alternative formats. Please contact the Trust for further details.

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Produced: March 2013  
Leaflet ref: L/056/v1/13

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Providing care all of us would recommend to family and friends

# Recovery Care Plan

**Information on the Care Programme Approach and Standard Care**

**A positive approach to your mental well-being**



## Your Recovery Care Plan

Your Recovery Care Plan will outline the ways in which we will work together to reach and maintain your best possible level of wellbeing. By using our combined strengths and resources we shall agree the support and actions that we have identified.

You will either be allocated a Lead Professional if you are on Standard Care or a Care Co-ordinator if you are on Care Programme Approach (CPA). They will work with you on a recovery care plan.

Your plan may support or advise you in the following areas:

- Medication
- How will we know if things are not going so well?
- What helps you when you are beginning to struggle? What have we agreed that we could do?
- Specialist support groups
- Advance Decision preferences you have

With additional support/advice on:

- Talking therapies
- Daily living
- Benefits
- Education and leisure activities
- Paid employment
- Voluntary work
- Other agencies

## Your Worker

### Who will be the 'Care-Coordinator' or Lead Professional?

- **Usually a Mental Health Nurse, Social Worker, Psychiatrist or Occupational Therapist**
- **Ideally, this will be the professional who knows you best and with whom you feel most comfortable to talk with**
- **You will always be informed of the name and contact details of your Lead Professional or Care-Coordinator**

They will work with you and undertake an Assessment of your strengths and needs. To help with this, your Care Co-ordinator/Lead Professional will be asking you about your life. Your Care Co-ordinator/Lead Professional will work with you to gain an understanding of what you hope for in the future.

Your Care Co-ordinator or Lead Professional will take responsibility for agreeing a recovery care plan with you about your care, treatment and the way forward and will ensure that this is reviewed on a regular basis.

Your worker will keep your supporters or Carers up-to-date and involve them in the recovery care plan, although you need to be agreeable to this.

Wherever possible, your supporters or Carers will be included in reviews.

You can expect your Care Co-ordinator/Lead Professional to treat you with dignity and respect; to offer choices about your care and support; and to give you as much control over your care as possible.

## Standard Care

Most people will receive a standard recovery care plan, which will involve:

- Being given the opportunity to work towards a personal Recovery Care Plan
- Help from at least one professional; this may be a psychiatrist, social worker, psychiatric nurse or other mental health professional
- Setting a date by which the plan will be reviewed
- Discussion of the support given by Carers/Supporters, including an assessment of their needs where appropriate and required
- Being allocated a Lead Professional

## Care Programme Approach (CPA)

People who require more support to aid their recovery will be offered a detailed plan under the CPA. This additional support includes:

- Involvement from a wider range of professionals offering different types of help
- A greater level of assistance with regard to your health and social care needs
- Help and information about the Mental Health Act and Mental Capacity Act if this is relevant to your circumstances
- Being allocated a Care Co-ordinator