NHS

Information about having a Care and Treatment Review

Made by
Ace Anglia

Care & Treatment Reviews

This booklet is about Care and Treatment Reviews (which are sometimes called CTRs) and deciding if you give your consent to having one.

This booklet is for people with learning disabilities who are in specialist hospitals because of a mental health problem or behaviour which is seen as challenging.

This booklet can also be for people at risk of going into a specialist hospital for this reason.

This booklet can also be helpful to family carers and other people who may support you.

What is a Care and Treatment Review (CTR)?

A Care and Treatment Review is when people who are not directly involved in your care check how well your care is going and help decide how it could be made better.

Most people find a Care and Treatment Review to be a good thing.

Care and Treatment Reviews are not for when people go into general hospitals because they are physically hurt or ill.

What is a Community Care and Treatment Review (CTR)?

A Community Care and Treatment Review is for people who are at risk of going into hospital.

This type of Care and Treatment Review looks at why you might need to go into hospital and whether extra support can be given in the community instead.

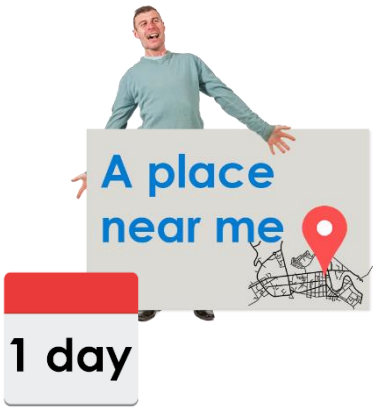
It helps you and your care team to plan for the support you need in the place you need it.

Your family carers will be welcome to take part too if that's OK with you.

What is a Community Care and Treatment Review (CTR)?

A CTR team includes people from health, social care and the voluntary sector and people who have lived in care or family carers.

Care and Treatment Review teams usually have 3 or 4 people in them.



The Care and Treatment Review will take most of a day and will happen at or near the place where you are living.

The Care and Treatment Review will be private and confidential

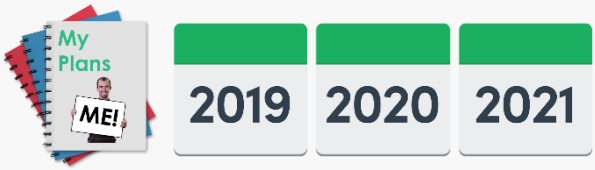
Anything we write down will be kept in a safe place. Personal information will only be shared with people in your Care and Treatment Review.

4 Questions

The Care and Treatment Review will look at 4 big questions about your care:

1. Are you safe?

2. Are you getting good care now?



3. What are your care plans for the future?

4. Can your care and treatment be provided in the community?

What will happen afterwards?

After the Care and Treatment we will give you an easy read report saying what we found, and ideas to help you and everyone involved in your care and treatment.

These ideas are to help your care stay good or get better, and to help you plan for your future.

Why is a Care and Treatment Review good?

A Care and Treatment Review is when people who are not directly involved in your care check how well your care is going and help decide how it could be made better.

This helps with making changes and planning.

What if I don't want a Care and Treatment Review?

If you are in hospital, your care will carry on in the usual way.

If you are at risk of going into hospital and decide not to have a Community Care and Treatment Review, this could affect the kind of support that is available at the time you need it.

Is it right for me?

It's a good idea to talk to people who understand your support needs.

This can help to make sure you understand what a Care and Treatment Review is about and help you decide if it is right for you.

What is consent and why do you need it?

Consent is about understanding the facts so you can decide if a Care and Treatment Review is right for you.

If you are an adult and do not have the capacity to decide, people will follow a law called the Mental Capacity Act.

This will be to decide if it is in your best interests to join the register.

If you are under the age of 16, a parent or guardian must give their consent for you.

About your consent

You can change your mind at any time.

You will receive a copy of the consent form.

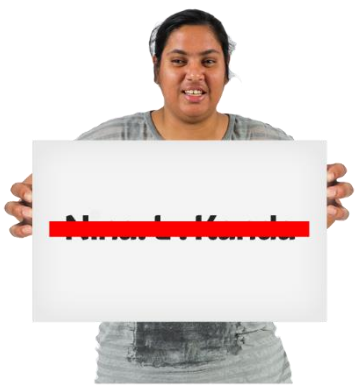
You can find out what information is being held about you.

What will happen to my information?

We will only share your personal information with you and the people involved in your Care and Treatment Review.

This will happen in the Care and Treatment Review and afterwards when we write about what we found out.

We collect anonymous information which is safe to share with other people in the NHS.



This information does not include your name or any other personal information which could identify you. This information helps to make sure that people's care and treatment is improving and that CTRs are carried out well.

Are there rules about how my information is used?

Yes. There are strict rules about who can see the information and why.

Only people involved in your Care and Treatment Review will be allowed to see personal information about you.

They should not look at or ask for information that is not directly important to your care and support.

Finally, they should not pass it on, or leave it for others to see.

What sort of information will you find out?

The information will depend on you and your care and support needs. But usually it will include information about:

The care and treatment you are receiving

Your health, including your mental health

Any health and care plans that have been developed for you

Where you live and who you live with

Things that can make you upset and what helps you feel well

Anything that people supporting you should know to keep you or other people safe

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This booklet was made in co-production between Ace Anglia & Ipswich and East Suffolk Clinical Commissioning Group.

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