

# POWER TOOL 7

## WHAT'S IN MY CARE PLAN?



# headspace toolkit

Advocacy in Somerset

Your Right to Know  
(and Your Right to be Heard).

For young people who are inpatients of psychiatric units.

Everyone must have a care or a 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 is the nature of my illness/assessment?

Why can I not have this treatment in the community?

How is it going to be treated/resolved/assessed?

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

What does my treatment/care plan include?

What is the aim of this care plan?

How can I input into my care plan?

What other rights do I have?

How often is my care plan reviewed?

How will this be done?

Who will be involved in reviewing my care plan?

Do I have to go to my care plan review?

Who can I have there to speak up for me?

How long does a review meeting last?

What has to happen before I can leave the unit?

Please can you give me this information:  Written  Spoken

Date handed in to staff:

Response by: