



This is your guide to Care and Support Plans

About this Guide

Adult Social Care provides care and support services for adults who need them. Our aim is to help adults live longer and healthier lives and be independent for as long as possible. We do this by making sure you have the support you need, when you need it, for as long as you need it.

This guide will be useful if you are an adult who is eligible for help to meet your care and support needs and who now requires a Care and Support Plan to be developed.

It explains:

- What a Care and Support plan is
- Why we produce a Care and Support plan
- How you will be supported during the planning process
- How your Care and Support plan will be prepared
- What information will be included in your plan
- Agreeing your plan
- Reviewing your plan
- What to do if you are not happy with your support plan or with a decision that has been made



What is a Care and Support Plan?

Your Care and Support Plan is a written record about how your care and support needs will be met. Any person who has had a needs assessment and is eligible (entitled) for Adult Social Care will be provided with a Care and Support Plan.

Your Care and Support Plan will be personal to you and we will give you, your family and your carer the opportunity to be fully involved in writing it. This will ensure that as far as possible, your Care and Support Plan reflects your personal views, hopes and wishes.

Your plan will include:

- Your care and support needs
- What things you would like to be able to achieve
- How your needs will be met
- The choices and options that are available to you
- Your personal budget
- How your care and support will be funded
- What you can do to keep yourself healthy, active and independent
- Other services and activities within your community that could meet your needs and help you maintain your health and wellbeing
- The name and contact details of your social care worker
- The date that your plan will be reviewed

Once in place, your support plan will be regularly reviewed so that we can make sure it continues to meet your needs if your circumstances change.

Why do I need a Care and Support Plan?

Putting all of the details into a plan helps to capture all aspects of your care and support needs along with other things that may affect your wellbeing. Writing a plan helps us to agree and organise the way your care and support is delivered. It also gives you a written record of what we have agreed with you, so you know who is providing you with care and support, when and where you will receive it, how much

it will cost and how it will be paid for. It will also tell you the name of your social worker, and when your plan will be reviewed.

What happens when we plan my care and support?

Once you have had your needs assessment, your health or social care worker will talk to you about your care and support options. This will take place soon after your needs assessment, and is usually done face to face, somewhere that you feel comfortable, and at a time that suits you.

Your health or social care worker will have the right skills, knowledge and training to understand your needs and ensure that wherever possible your Care and Support Plan will help you to achieve the things you want to do.

When putting your plan together, your health or social care worker will:

- Listen to your views and preferences about your care and support
- Explain clearly and simply any options and choices that may be available to you, as well as other things you need to consider. For example how much a service will cost, or how long a service is likely to take to arrange
- Tell you about other services or activities in the community that might be able to help you to stay healthy and independent
- Make sure your plan is completed within a set timescale
- Involve any other person that you want to be involved
- Ensure that if you have a carer, they will be involved in the planning process
- Tell you what you can do if you are not happy about something

When your plan is completed your health or social care worker will talk you through the details and ask you to sign a form to say that you agree with the contents of your Care and Support Plan.

Your health or social care worker will take the plan away to record the information onto our computer. They will then print out a copy and send it to you.

Joint health and social care plans

Your Care and Support Plan covers social care and support only and does not include any healthcare needs that you may have. If you receive healthcare services that are

provided by other agencies such as the NHS or your GP we will, wherever possible work together in order to develop a joint support plan. Joint agency plans can avoid duplication and save you having to provide the same information more than once. Most importantly joint planning can help get the best from the different services you receive. Before writing a joint agency plan we will explain to you about the benefits of combining your healthcare and social care support and ask for your agreement.

Can anyone help or support me through the planning process?

When we begin writing your support plan, you may wish to have someone with you for example a relative, a friend or someone who cares for you.

If you need help communicating, we will make sure that you have the right support to enable you to tell us your views and wishes.

If you find it difficult to have your say about your care and support or to understand some of the things we are talking about, you can appoint someone to help you. This could be a family member, a friend or an independent advocate. An independent advocate is someone who can support you through the assessment, giving you advice and acting in your best interest.

The Council can arrange for an independent advocate to support you if you do not want to organise this yourself. Please ask your social care worker to organise this for you.

Someone else in my house has a Care and Support Plan too – do we both need to have separate ones or can we combine our plans?

If you are in a household with another person who has similar care and support needs we may consider if it is appropriate to combining both support plans. One of the benefits of this is you can ‘pool’ your personal budgets. This means putting your personal budgets together to make the most of your care and support services. Before combining plans we will explain to you and the other person about the benefits of combining plans and ask for your agreement.

I care for an adult – can I have a support plan too?

Yes! If you provide unpaid care for an adult family member or friend, you might need support to help you look after your own health and wellbeing. We can arrange for an assessment of your needs to help you continue in your role as carer, even if the person you care for does not receive care and support from Adult Social Care. Carers Assessments are carried out on the Council's behalf by **Carers Together**, a local organisation.

If your needs are assessed as eligible for support, Carers Together will develop a Carers Support Plan with you to help with your needs. Support for carers includes befriending, breaks from caring, activities, counselling and advice on welfare rights, training and employment.

You can contact **Carers Together** directly to arrange an assessment or to request other information and advice about being a carer. Alternatively, you can contact Redcar & Cleveland Adult Social Care using the details at the end of this guide



supporting and connecting carers in local communities

Website: www.carerstogether.co.uk
Telephone: **01642 488977**
E-mail: carerstogether@btconnect.com

There is also support available for young people aged 5-18 who have caring responsibilities for a family member. Support is delivered by the **Junction Foundation**, a Redcar based organisation. To arrange an assessment young people can contact The Junction themselves or someone else can do it on their behalf. Their telephone number is 01642 75600 or visit www.thejunctionfoundation.com

Will be Care and Support Plan be reviewed to check it is meeting my needs?

Your plan will be reviewed about 6 to 8 weeks after your care and support is put in place. The review will give us an opportunity to look at:

- What is working and what is not
- If your needs have changed
- Whether the outcomes you want to achieve have been met
- Could improvements be made
- Whether your budget is sufficient and managed appropriately to meet your needs
- Any changes in your circumstances or needs
- If there are any changes to any informal care arrangements or community support you may have
- When your next review should take place

We will involve you, your carer and anyone else you want to be involved in the review, just as we did when we wrote your Care and Support Plan.

If your circumstances change, or you do not think that your care and support is meeting your needs, you, your carer or any other person with an interest in your wellbeing can request a review of your Care and Support Plan. When we receive a request we will consider this and act promptly. We may decide not to carry out a review. This will be because we are reasonably satisfied that:

- Your current support plan is satisfactory or,
- The request is about a minor issue or,
- The request has been made on the basis of incorrect information or
- The request is actually a complaint and should be taken through our complaints process

If we decide not to review your Care and Support Plan, we will tell you in writing, explaining the reasons why we have made this decision and will provide you with information about how to take the matter further if you are not satisfied.

What do I do if I am not happy with the support I receive or decisions which are made?

If you are unhappy about decisions which affect you or the support you receive, please speak to a member of staff or your social worker/care manager. Problems can often be resolved quickly and informally by talking things over.

If you are still unhappy or feel your concerns have not been resolved there is a formal procedure which we will follow. You can find our **Complaints, Comments and Compliments procedure** on www.redcar-cleveland.gov.uk or use the contact details at the end of this guide.

For more information about Care and Support Planning , you can speak to your health or social care worker or contact Adult Social Care on 01642 771500

If you need help to read or understand this guide, please speak to your health or social care worker, or contact Adult Social Care on 01642 77150

Adult Social Care contact details:

Address:

People Services,
Redcar and Cleveland Borough Council
Seafield House
Kirkleatham Street
Redcar TS10 1SP

Contact numbers, email and website

Telephone: 01642 771500

Typetalk: 18001 01642 771500

Email: contactus@redcar-cleveland.gov.uk

Website: www.redcar-cleveland.gov.uk

Our normal office hours are: **Monday to Thursday: 8.30 am - 5.00 pm**

Friday: 8.30 am - 4.30 p.m.

If you need help in emergency when our offices are closed, you can contact the

Emergency Duty Team.:

Telephone: 08702 402994

Minicom: 01642 602346