

## There are CHANGES BEING MADE to the CPA Care Programme Approach

The Department of Health has issued new guidance about the Care Programme Approach.

### Here's what you need to know

#### What is the Care Programme Approach CPA?

The Care Programme Approach is the process by which your care and treatment is delivered to you and should consist of the following elements:

- A Comprehensive Assessment of your Health and Social Care needs
- A Care Plan developed with you detailing your Care and Treatment
- A copy of your Care Plan given to you
- A named Care Co-ordinator designated to oversee your Care and Treatment and whom you can contact
- A regular review of your Care Plan

Also anybody who cares for you must have an assessment of their caring needs and a Care Plan to address these needs.

#### How will the New CPA work in practice?

- Everyone must receive an initial assessment when they come into contact with the \*Secondary Mental Health Service which will ascertain their need for treatment, care and support.
- From that initial assessment it will be decided whether they need (New) CPA or not.

#### Those who do qualify for New CPA

- Those who qualify for New CPA will be those who are or would be placed on the current 'Enhanced' level of CPA this means that their case is categorised as:
  - High need
  - High risk
  - Complex issues involved such as

- Housing, Finances
- Employment, Family
- Vulnerability issues.

A clear criteria for New CPA has been published as part of the Department of Health Guidance.

### **Those who do not qualify for New CPA**

- Those who do not qualify for New CPA will be those who have contact with only one agency, have straightforward needs and who's risk is low.
- Those on non-CPA or standard care will **still** have:
  - A Lead Professional identified
  - Self directed care with support
  - A full assessment involving assessment of risk
  - A statement of care agreed with them
  - Regular reviews of their care
  - Carers will be identified
  - Central records still maintained
- There are strict standards set by the Department of Health about what should happen both those on New CPA and those not on CPA.
- Those already receiving Mental Health Services under Standard CPA will not have this tier removed without a clear process of handover and alternative support being put in place for both Service Users and their Carers.

**No Service User will have any changes made to the way their Care and treatment is delivered through CPA without a review in which they will be included.**

### **What happens now?**

There Local \*Secondary Mental Health Service run by Cornwall Partnership Trust are currently working from an action plan that gives details of what needs to happen so that these changes can be made by October 08.

There is a lot of information, some of it in more detail about the changes to CPA.

You can read a more detailed version of this document by calling Sarah Gabert Care Programme Approach Lead for Cornwall Partnership NHS Trust on 01208 256268 or look at the Department of Health Website <http://www.dh.gov.uk> - "Refocusing the Care Programme Approach"

\* Secondary Mental Health Services are those delivered by Cornwall Partnership Trust - not those currently offered at your GP Surgery.