

# Care and Treatment Reviews

Information for autistic people and/or people with a learning disability who are in mental health hospital or are at risk of admission



## What is a CTR?

Care and Treatment Reviews (CTRs) are part of 'Building the Right Support', a national plan to help people with autism and/or a learning disability get the support they need in the community rather than having to go to a mental health hospital, or to be discharged quickly if they are currently in a mental health hospital. It is basically a big meeting for everyone in your team, with some additions.

A CTR should take place regularly if you are already in hospital, and it should be requested if there is a risk that you might be admitted to a mental health hospital. If you're already in hospital, it checks with everyone how things are progressing towards you being discharged from hospital and helps with planning for your support after being in hospital. If you're in your usual home, it checks that all the right support is in place to help you stay in your community.

## Do I need to have a CTR?

Before the CTR is arranged, a member of your team will speak to you about it. They will give you information and check that you understand what the CTR is. They will ask you if you agree to the CTR taking place, and also check that you are able to make that decision. If you do not want the CTR to happen this is ok. If you have trouble understanding, using or remembering the information about holding a CTR and making a decision, we may decide to have one in your best interests.

## How do people know if I need a CTR?

You may be asked if you are happy for your name to be added to the 'Dynamic Support Register'. This is a list of people who are at risk of having to move away from their home or having to go into a mental health hospital. If your name is added to the list, it means that your needs might be discussed with other professionals such as social workers and nurses. We do this so that we can make sure you get the support that you need. You can say no to going on the register, and you can change your mind about saying yes or no, too.

## How long will the CTR take?

A CTR meeting takes place over the course of a full working day, but most people invited will only attend certain parts of it. The meeting can be held in person in a place that works for you / where you are, or virtually via an online meeting, or a combination of both. The CTR will be planned around you, so you can let us know what works best for you.



## Who is in the CTR meeting?

You are the most important person in your CTR meeting. If you don't want to attend the meeting that is ok. You decide how much, if any, of the meeting you want to attend and can also have other people be there with you, such as a mentor or advocate, a family member or someone else you trust.

The meeting will be led by someone from the Integrated Care Board (ICB). There will also be people who you have not met before: an Expert by Experience (this is someone who has personal experience either through being the responsible adult for an autistic person and/or a person with learning disabilities, or someone who has a diagnosis themselves) and an independent

Clinical Reviewer (this is a professional from the area, so maybe a Specialist Learning Disability Nurse, a Speech and Language Therapist or an Occupational Therapist).

Together with the person from the ICB those three are often called 'the panel' – that just means that those three are the ones responsible for asking the questions and gathering the information. There will also be an administrator to take some notes.

## What happens in the CTR meeting?

We might ask you and others there questions about:

- What is your current situation?
- How do you feel about the situation?
- Do you feel safe?
- What does your current support look like?
- Are you doing something meaningful with your days / do you have enough to do?
- What is working well / what is not working well?
- What are your plans for the future?
- Is there any other support that may help you?

Everyone at the meeting will be asked what they think about the situation and if they have any thoughts on anything that might be missing / could be done better. The panel might make recommendations as to how to improve things – if they have ideas these will also be discussed during the CTR.

## What happens after the CTR meeting?

After the meeting the chair (this is the person from the ICB) completes a document with the information talked about. This will include the recommendations, as well as who is responsible for them and when they should be completed by. The document will be shared with those who were at the meeting and those who need to know about the recommendations. Even if you did not attend the meeting you can get a copy of that document – just let us know.

## What happens if my situation is urgent?

If your situation is very urgent and the risks of something going very wrong for you are high, we might organise a more urgent meeting – they are called ‘Local Area Emergency Protocol’ (LAEP) meeting, but are sometimes also called a ‘Blue Light CTR’.

This is a shorter meeting and usually does not involve a panel, so it is much quicker to organise and can often happen within a few days of us being contacted. Someone from the ICB will still lead the meeting and we may agree to organise a CTR a short while later to look at your situation in more detail.

## Want to find out more?

Look at our website:

Care and Treatment Reviews

<https://tinyurl.com/388npxut>

Get in touch:

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