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*MANCHESTER MENTAL  
HEALTH AND SOCIAL CARE  
TRUST*

WHO ARE WE?

We are a joint organisation providing specialist health and social care services to people with severe and enduring mental health problems in Manchester and our central office is in Chorlton cum Hardy

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**THE CARE PROGRAMME  
APPROACH AND YOU**

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Manchester Mental Health   
and Social Care Trust

A partnership between the NHS and  
Manchester City Council

# WHAT IS THE CPA?

The Care Programme Approach is the way we provide services to you.

We assess all your Health and Social care needs and draw up a plan to help you as much as we can.

You may hear people use terms such as Enhanced and Standard, these are terms we use to decide on the amount of care you need.

1. **STANDARD** is when you only need the help of one person and probably for a short period of time.

2. **ENHANCED** is when you need help from more than one person and you may need help for some time

## What do we do?

We assess your needs and if they are standard we will draw up a plan of care telling you what we will be doing and when we will review your care.

If your needs are Enhanced we will do an assessment known as MANCAS that will help us discuss your problems with

you, we will then draw up a plan of care that will tell you who will be helping you, what they will be doing, and when we will review it.

You will be able to comment on this plan and will be given a copy, all the people who are providing you with help will also have a copy, because they need to know what we are doing.

This plan will also tell you how to get hold of services when the offices are closed and how we can help if you have new problems.

## Care co-ordinator

The Care co-ordinator is the person who will organise and keep contact with all the people who are helping you. If you or anyone else wants to know something you should contact the Care co-ordinator first.

## CARERS

If you have a relative or friend who helps you, they will be involved (with your agreement) and given information about services they can contact to help with their caring role. If they provide regular and substantial care, they will be offered an assessment of their needs.

## MORE INFORMATION

YOU CAN ASK YOUR CARE CO-ORDINATOR OR CONTACT THE TELEPHONE NUMBER BELOW;

**Manchester Mental Health and  
Social Care Trust**

**0161 882 1000**