




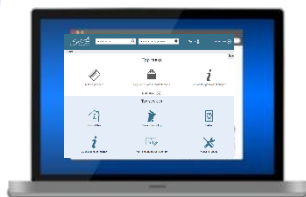


Care and support planning

	<p>When you qualify for support, after your assessment we will write a Care and Support Plan with you.</p>
	<p>For more information on assessments please go to our can we help with your care and support needs page.</p>
	<p>You get may get our rehabilitation and reablement service, support for a short time,</p>
	<p>before we write your Care and Support Plan with you.</p>
	<p>A friend or family member can write the plan with you if you wish.</p>



For more information go to our [advocacy support page](#).



Your **Care and Support Plan** will include:

- your care and support needs



- the cost of your support - paid for with your **personal budget**



- your goals – how your support will help you do the things you want to do, such as cooking or washing



The plan will also include:

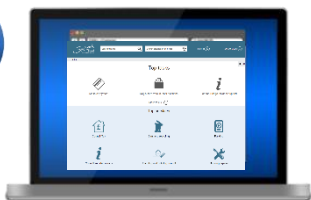
- any care and support paid for by Adult Social Care



- care and support provided by your family and friends



- information to help you stay independent for as long as possible.



For information on how we can support you please go to our [How we can support you](#) page.



Reviewing your Care and Support plan



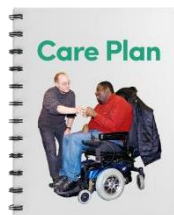
To make sure you get the care and support you need we will review your **Care and Support Plan, within 3 months** after the plan starts.



Then we will review your plan **every year**.



The review may mean that the support you get changes.



Your **Care and Support Plan** and your personal budget may change when local services change.



This means that the support you get may change too.