

## My carers review

What you need to know for a carers review meeting from adult social services

# **My carers review**

This factsheet is to help you get ready for your carers review. Keep it somewhere safe. You may want to use it during and after your review too. In the printable version, there is space for you to write notes. This is to help you remember things you want to talk about or ask us.

## **Things you may want to ask us or talk about**

To get the most out of your meeting with a social care worker, it is good to be prepared. Start thinking about how things have been since you had your carers assessment or last carers review. You could think about:

- What things are going well
- Your caring role
- Anything that could help improve your wellbeing
- People around you who could help
- What things you enjoy doing

## **Talking to a social care worker**

We will review with you how everything has been progressing for you since your carers assessment or last carers review. You will have an opportunity to review your care plan. We will discuss your wellbeing and your caring role. We will also provide any information or advice that may be helpful.

### **We will talk to you about:**

- Your current support including friends and networks
- The outcomes in your care plan and whether these are being met
- What you think is going well and anything that you would like to change

### **We will agree with you:**

- What you might be able to change
- Which other organisations either you or we will contact

## **We will:**

- Aim to get any information or advice you need
- Send you a copy of your carers review conversation and your care plan

## **Planning your meeting**

- Meetings can last from 30 minutes to two hours
- Contact us if you would like someone independent to support you (an advocate)
- Tell us if you need information in different formats or any help to understand and communicate with us
- Please tell us about anything you think we need to know

## **After your review**

If you have any questions or are not happy with the outcome of your talk with us:

- Please contact your social care worker
- You can also ask to speak to their manager

**Use this space to write down things you need to remember to tell us**

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## **How to contact us**

### **Adult Care Services**


To get more information about adult social care services you can:

 **Go online:** [buckinghamshire.gov.uk](http://buckinghamshire.gov.uk) and click on 'Care for Adults'


 **Call:** Social worker: \_\_\_\_\_ Team: \_\_\_\_\_

### **Are you worried about somebody?**


If you or someone you know is at risk of abuse or neglect:

 **Call:** 0800 137915 (24 hours a day)

### **If you would like to give us feedback**

 **Go online:** Please complete the online form at [buckinghamshire.gov.uk](http://buckinghamshire.gov.uk)

If you prefer you can:

 **Call:** 01296 387844

 **Email:** [complimentsandcomplaints@buckinghamshire.gov.uk](mailto:complimentsandcomplaints@buckinghamshire.gov.uk)