

Care plans: Helping people live longer, healthier and fulfilling lives



More than 15 million people in the United Kingdom live with long term conditions that require care and treatment.

Care planning aims to support people to live well at home with long term conditions.

What help is available?



- ✓ Improved physical health care
- ✓ Improved access to psychological therapies
- ✓ Help with finding and staying in work
- ✓ Personalised care
- ✓ Advice on medicines

Making a care plan



A care plan is created with the person and their health and care team.

It outlines their goals, needs, risks, views and choices.

Information is shared digitally, helping services to work together.

Benefits of a care plan



- ✓ Shares key information quickly
- ✓ People feel engaged in their care
- ✓ Says what people need to improve their health and wellbeing
- ✓ Reduces errors and improves safety
- ✓ People don't need to repeat information