

# CARE PROGRAMME APPROACH (CPA) IN THE HIGHLANDS

## INFORMATION SHEET

The Care Programme Approach originated in guidelines from the Scottish Office about the care people with severe mental illnesses receive, and more recently in the document entitled "The same as you?" relating to people with learning disability.

It has 4 main elements:

- a health and social assessment
- a written multi-disciplinary care plan including risk assessment
- an identified CPA Keyworker
- a regular review system

The CPA is for people, 16 and over, with severe and enduring mental illness, including psychosis; severe neurosis; brain injury; dementia, etc, who require multi-disciplinary provision to enable them to live in the community. Also people who have a learning disability, with or without a dual diagnosis of mental illness, who have complex health and social needs whether the needs are caused by disability or vulnerability. This will also include those who have a history of violence or are at risk of abuse from themselves or others.

The CPA is closely linked to the work of the Community Teams or, in the absence of Teams, Health and Social Work professionals.

Once identified, and consent dealt with, an initial inter-agency care-planning meeting will be held with all those involved in the care of the individual. The patient's GP will automatically be invited. The meeting, while identifying the patient's health and social needs, will look at how these are to be met, by whom, how often, and clarify roles and responsibilities of all those involved. The GP has an important role, particularly within the rural setting, in the provision of mental health care. A copy of the care plan is then sent to all those involved, including the GP and client themselves, if appropriate. A CPA Keyworker will be identified at this time and will usually be a Community Nurse or Social Worker but may be another member of the care team. They will take on a co-ordinating role and act as a contact point for information about the individual.

It is hoped that this approach, while formalising good practice, will develop closer links with those professions involved in a person's care when in the community.

The Care Programme Approach Co-ordinating Service is responsible for facilitating CPA in the Highlands, including awareness training of all professions and groups and the administration necessary for developing and operating a central database of clients, as well as co-ordinating and monitoring inter-agency meetings and reviews.

The CPA Co-ordinating Service is administered by NHS Highland with funding from NHS Highland, Highland Council Social Work and Highland Council Housing, reporting regularly to a Management Committee incorporating the following:-

NHS Highland  
Highland GPs  
Users & Carers

Highland Council  
Northern Constabulary  
Voluntary Organisations

**If anyone concerned in the delivery of care requires further information on the above please contact us on 01463 253610 or Ext 3610 at our office based at Drumossie Unit, New Craigs, Inverness IV3 8NP.**

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