



## **What to Expect at Care Review**

### Participants

#### **What is Care Review?**

Care Review is a process where you can discuss your needs and wishes with a group of people from the community, known as the Care Review Team, who are there to assist you in finding and accessing the resources you need.

#### **Who is on the Care Review Team?**

The Care Review team represents different agencies and organizations in the community from physical health, housing, mental health, substance abuse, churches, employment, social services and public safety. We also offer assistance with disability benefits. They are all there to support you and help to create an action plan to meet your needs.

#### **Who do I bring with me?**

You can bring anyone who is a source of support. Most people bring members of their treatment team as well as family members. Some also bring members of their congregation or other spiritual support.

#### **What do I need to bring to Care Review?**

You only need to bring yourself. This is an opportunity for you to share what you have been going through and what you would like to see happen in your life for things to get better.

#### **What if I don't know what to say at Care Review?**

If you're not sure where to start, we can certainly get the conversation going by asking you some questions. In fact, we end up asking a lot of questions because it helps us to get to know you and your situation. However, if there are questions you do not want to answer, you don't have to.

#### **How many people are on the Care Review Team?**

There are usually around 10 people there in addition to the support that you bring with you. That may sound like a lot but most people are pretty comfortable once they get there and meet the team. Remember, they are there to offer assistance and support; they are not there to judge you.

#### **How long will it take?**

Each Care Review is scheduled for 1 hour. Usually that is enough time for you to share your concerns and to create an action plan.

#### **What happens after Care Review?**

You, your support team, and members of the Care Review Team will work together to follow up on your action plan. A member of the Care Review Team also checks in from time to time to see that everyone is following through on what they promised to do and to also see how you're doing.

#### **What if I still have more questions before my Care Review?**

Feel free to call Tonya VanDeinse at 560.7589.