

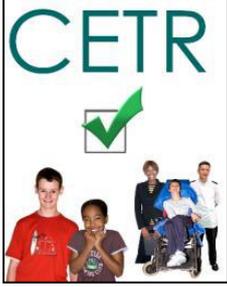
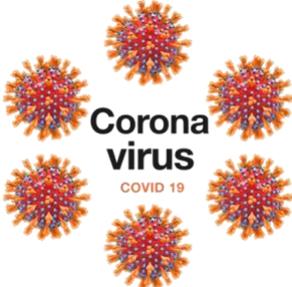
North East London

Guide to Virtual Care and Treatment Reviews



Doing Care and Treatment Reviews using the phone or the computer

	<p>Care and Treatment Reviews are for people with learning disabilities, autism or both. They are meetings to make sure you are getting the right support.</p> <p>They are often called CTRs.</p>
<p>Hospital</p>	<p>CTR's are done for people with learning disabilities, autism or both, who are in hospital because of a mental health problem.</p>
	<p>We also do CTRs for people living in the community who might need extra support to stay in their own homes.</p>

	<p>People of all ages can have a CTR. If you are a child or young person it will include your education, and be called a Care, Education and Treatment Review. These are often called CETR.</p>
	<p>Normally we do CTRs where you live or where you are staying, or at a place you know in the community. This is because we want to get to know where you live and make sure you have everything you need.</p>
	<p>We have had to make some changes to this because of the coronavirus. This is a virus that has been making people ill.</p>
	<p>Everyone is working together to stop the coronavirus spreading. One of the things we are doing is staying home as much as we can.</p>
	<p>Because we are all staying at home, this means we will not be able to visit you for your CTR.</p>
	<p>It is still really important that we keep doing CTRs, to make sure you are getting the right support. So we have come up with new ways to do CTRs.</p>



If we can, we will do your CTR on a video call. This will mean that you can see and speak to everyone in the meeting on your computer.



We might do your CTR on the phone. This means that you will call a number and everyone in the meeting will be on the phone waiting to speak to you.



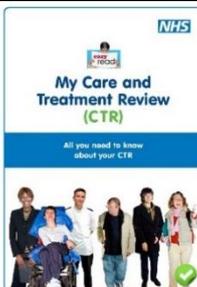
We know this is not as easy as speaking to someone face to face.

We have thought of some ideas to make CTRs easier even though we cannot come to visit you.



Before the CTR, we will send you a list of who will be in the meeting, what their names are and what their jobs are. We will put their picture on the list so you know what they look like.

It might help to keep this with you at the meeting so you know who is speaking.



We will also send you [My CTR Planner](#). You can fill this out before your meeting to help you plan what you want to say. If you would like to, you could send this to the person organising your CTR so they know what is important to you.



Your CTR will have a chair person, who will run the meeting. If things are not clear, tell your chair person. They will make sure that everyone speaks clearly and one at a time.



If you do not want to speak to a lot of people on one call, let the person organising your CTR know. They can arrange for someone to speak to you at another time if this would be easier for you.



Doing CTRs like this is new for us as well, so after your meeting we would like to know what you think. If you have any ideas about how we could make them better, please tell your chair or email us at nel.lida@nhs.net



Thank you for being patient with us. We will go back to visiting you as soon as we can!