Care and support planning
<table>
<thead>
<tr>
<th>When you qualify for support, after your assessment we will write a <strong>Care and Support Plan</strong> with you.</th>
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<tbody>
<tr>
<td>For more information on <strong>assessments</strong> please go to our <a href="#">can we help with your care and support needs</a> page.</td>
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<tr>
<td>You may get our <strong>rehabilitation and reablement</strong> service, support for a short time,</td>
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<tr>
<td>before we write your <strong>Care and Support Plan</strong> with you.</td>
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<tr>
<td>A friend or family member can write the plan with you if you wish.</td>
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</tbody>
</table>
Your **Care and Support Plan** will include:

- your care and support needs

- the cost of your support - paid for with your **personal budget**

- your goals – how your support will help you do the things you want to do, such as cooking or washing

The plan will also include:

- any care and support paid for by Adult Social Care

- care and support provided by your family and friends

- information to help you stay independent for as long as possible.

For more information go to our [advocacy support page](#).
Reviewing your Care and Support plan

To make sure you get the care and support you need we will review your Care and Support Plan, within 3 months after the plan starts.

Then we will review your plan every year.

The review may mean that the support you get changes.

Your Care and Support Plan and your personal budget may change when local services change.
This means that the support you get may change too.