



# What is a Care and Treatment Review (CTR)?

Factsheet 1

## What is a Care and Treatment Review (CTR)?

A Care and Treatment Review (CTR) is a meeting to ensure that individuals with learning disabilities and / or autism are receiving the right care, especially if they are at risk of or already admitted to hospital. The main goal is to avoid unnecessary hospital stays by planning for care in the community, so people only stay in hospital as long as needed.

## Who can have a CTR?

- Anyone with a **learning disability and/or autism** who is at risk of being admitted to hospital.
- People already receiving care in hospital.
- Children and young people via Care, Education, and Treatment Reviews (CETRs).

## How we help

Our advocates can assist you in:

- Explaining the CTR process.
- Helping you prepare for meetings and discussions, using tools like the MY CTR Planner.
- Supporting you in understanding your options and what to expect next.

## Preparing for a CTR

Before the meeting:

- Use the MY CTR Planner to organise key details for your meeting.
- Key Lines of Enquiry (KLOE) ensure that care is safe, effective, caring, and responsive, and well-led. These will be reviewed by the panel.
- Prepare any concerns or ideas for the person's care plan in the community.

## After the CTR

If you're not satisfied with the outcome:

- Request a follow-up or clarification on any actions.
- Escalate concerns if necessary.

**Visit our website for helpful resources, including guides on how to prepare for and follow up after a CTR or contact our Central Support Team directly.**

