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OFFERYNNAU STATUDOL  
CYMRU

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WELSH STATUTORY  
INSTRUMENTS

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**2011 Rhif 2942 (Cy.318)**

**2011 No. 2942 (W.318)**

**IECHYD MEDDWL, CYMRU**

**MENTAL HEALTH, WALES**

Rheoliadau Iechyd Meddwl  
(Cydgysylltu Gofal a Chynllunio  
Gofal a Thriniaeth) (Cymru)  
2011

The Mental Health (Care Co-  
ordination and Care and Treatment  
Planning) (Wales) Regulations  
2011

**NODYN ESBONIADOL**

**EXPLANATORY NOTE**

*(Nid yw'r nodyn hwn yn rhan o'r Rheoliadau)*

*(This note is not part of the Regulations)*

1. Mae'r Rheoliadau hyn yn cynnwys darpariaethau ynghylch cydgysylltu gofal a chynllunio gofal a thriniaeth i gleifion sy'n defnyddio gwasanaethau iechyd meddwl eilaidd (o fewn ystyr Mesur Iechyd Meddwl (Cymru) 2010 ("y Mesur")). Maent hefyd yn cynnwys darpariaeth ynghylch dynodi darparwyr gwasanaeth iechyd meddwl perthnasol, a darpariaethau trosiannol i gleifion sydd eisoes mewn gwasanaethau iechyd meddwl eilaidd ar y dyddiad y daw'r Rheoliadau hyn i rym.

1. These Regulations contain provisions about care co-ordination and care and treatment planning for patients using secondary mental health services (within the meaning of The Mental Health (Wales) Measure 2010 ("the Measure")). They also contain provision about the identification of relevant mental health service providers, and transitional provisions for patients who are already in secondary mental health services at the coming into force date of these Regulations.

2. Mae rheoliad 3 yn darparu ar gyfer dynodi darparydd gwasanaeth iechyd meddwl perthnasol o dan amgylchiadau lle mae claf yn defnyddio gwasanaethau iechyd meddwl eilaidd sy'n cael eu darparu gan Fwrdd Iechyd Lleol a chan awdurdod lleol.

2. Regulation 3 provides for the identification of a relevant mental health service provider in circumstances where a patient is using secondary mental health services provided by both a Local Health Board and a local authority.

3. Mae rheoliad 4 yn gwneud darpariaeth ynghylch y gofynion ynglŷn â chymhwysra y mae'n rhaid eu bodloni cyn i berson gael ei benodi'n gydgysylltydd gofal. Mae'r gofynion proffesiynol y mae'n rhaid i berson eu bodloni wedi'u nodi yn Atodlen 1.

3. Regulation 4 makes provision about the eligibility requirements which must be met before a person may be appointed as a care coordinator. Professional requirements which a person must satisfy are set out in Schedule 1.

4. Mae rheoliad 5 yn gwneud darpariaeth ynghylch ffurf a chynnwys cynlluniau gofal a thriniaeth. Mae ffurf cynllun gofal a thriniaeth wedi'i nodi yn Atodlen 2, ac mae i gael ei gwblhau yn Gymraeg neu'n Saesneg, neu yn rhannol yn Gymraeg ac yn rhannol yn Saesneg.

4. Regulation 5 makes provision about the form and content of care and treatment plans. The form of a care and treatment plan is set out in Schedule 2, and is to be completed in the Welsh or the English language, or partly in Welsh and partly in English.

5. Mae rheoliad 6 yn gwneud darpariaeth ynghylch y personau y mae'n rhaid i'r cydgysylltydd gofal ymgynghori â nhw fel rhan o swyddogaethau'r cydgysylltydd gofal o baratoi cynlluniau gofal a

5. Regulation 6 makes provision about the persons who must be consulted by the care coordinator as part of the care coordinator's functions of preparing, reviewing and revising care and treatment plans.

thriniaeth, eu hadolygu a'u diwygio. Mae darpariaeth yn cael ei gwneud hefyd ynghylch personau y caniateir i'r cydgysylltydd gofal ymgynghori â nhw, a darpariaeth i farn y claf gael ei chymryd i ystyriaeth cyn i unrhyw ymgynghori ddigwydd o dan y rheoliad hwn.

6. Mae rheoliad 7 yn darparu ar gyfer adolygu a diwygio cynlluniau gofal a thriniaeth. Mae hyn yn cynnwys darpariaeth ynghylch pa mor aml y mae'n rhaid i gynllun gael ei adolygu ac, os oes angen hynny, ei ddiwygio, a phwy sy'n cael gwneud cais am adolygiad ac, os oes angen hynny, am ddiwygiad.

7. Mae rheoliad 8 yn gwneud darpariaeth ynghylch y personau y mae'n rhaid darparu copi iddyn nhw o gynllun gofal a thriniaeth claf ar ôl i'r cynllun hwnnw gael ei baratoi, ei adolygu neu ei ddiwygio. Mae darpariaeth yn cael ei gwneud hefyd ynghylch personau y caniateir darparu copïau o'r cynlluniau hyn iddyn nhw, i gopïau o gynlluniau gael eu cadw'n ôl neu i rannau yn unig o gynlluniau gael eu darparu, ac i farn y claf gael ei chymryd i ystyriaeth cyn i unrhyw gopïau o gynlluniau neu o rannau o gynlluniau gael eu darparu.

8. Mae rheoliad 9 yn gwneud darpariaeth ynghylch sut mae copïau o gynlluniau gofal a thriniaeth i gael eu darparu, gan ganiatáu i gyfryngau electronig ac anelectronig gael eu defnyddio i'w darparu.

9. Mae rheoliad 10 yn gwneud darpariaeth ynghylch yr wybodaeth sydd i'w darparu i unigolyn pan gaiff ei ryddhau o wasanaethau iechyd meddwl eilaidd.

10. Mae rheoliad 11 yn gwneud darpariaeth drosiannol i gleifion sydd eisoes mewn gwasanaethau iechyd meddwl eilaidd ar y dyddiad y daw'r Rheoliadau hyn i rym. Mae hyn yn cynnwys darpariaeth i gleifion sydd heb gydgysylltydd gofal neu gynllun gofal a thriniaeth ar y dyddiad dod i rym.

11. Mae asesiad effaith rheoleiddiol wedi'i baratoi o gostau a buddion tebygol cydymffurfio â'r Rheoliadau hyn. Gellir cael copi gan y Tîm Deddfwriaeth Iechyd Meddwl, Yr Adran Iechyd, Gwasanaethau Cymdeithasol a Phlant, Llywodraeth Cymru, Parc Cathays, Caerdydd, CF10 3NQ.

Provision is made also regarding persons who may be consulted by the care coordinator, and for the views of the patient to be taken into account before any consultation under this regulation takes place.

6. Regulation 7 provides for the review and revision of care and treatment plans. This includes provision about how frequently a plan must be reviewed and if necessary, revised, and who may request a review and, if necessary, revision.

7. Regulation 8 makes provision about the persons who must be provided with a copy of a patient's care and treatment plan following the preparation, review or revision of that plan. Provision is made also regarding persons who may be provided with copies of such plans, for copies of plans to be withheld or only parts of copies to be provided, and for the views of the patient to be taken into account before any copies of plans or parts of plans are provided.

8. Regulation 9 makes provision about how copies of care and treatment plans are to be provided, and allows for the use of both electronic and non-electronic means of provision.

9. Regulation 10 makes provision about the information which is to be provided to an individual when he or she is discharged from secondary mental health services.

10. Regulation 11 makes transitional provision for patients who are already in secondary mental health services at the coming into force date of these Regulations. This includes provision for patients who do not have a care coordinator or a care and treatment plan at the coming into force date.

11. A regulatory impact assessment has been prepared as to the likely costs and benefits of complying with these Regulations. A copy can be obtained from the Mental Health Legislation Team, Department for Health, Social Services and Children, Welsh Government, Cathays Park, Cardiff CF10 3NQ.

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2011

The Mental Health (Care Co-  
ordination and Care and Treatment  
Planning) (Wales) Regulations  
2011

*Gwnaed* 6 Rhagfyr 2011  
*Yn dod i rym* 6 Mehefin 2012

*Made* 6 December 2011  
*Coming into force* 6 June 2012

Mae Gweinidogion Cymru yn gwneud y Rheoliadau hyn drwy arfer y pwerau a roddwyd gan adrannau 15(4), 18(1)(c), 18(8), 18(9), 47(1)(b), 47(2) a 52(2) o Fesur Iechyd Meddwl (Cymru) 2010(1).

The Welsh Ministers make these Regulations in exercise of the powers conferred by sections 15(4), 18(1)(c), 18(8), 18(9), 47(1)(b), 47(2) and 52(2) of the Mental Health (Wales) Measure 2010(1).

Gosodwyd drafft o'r offeryn hwn gerbron Cynulliad Cenedlaethol Cymru yn unol ag adran 52(6) o'r Mesur, ac fe'i cymeradwywyd drwy benderfyniad gan Gynulliad Cenedlaethol Cymru.

A draft of this instrument has been laid before the National Assembly for Wales in accordance with section 52(6) of the Measure, and approved by resolution of the National Assembly for Wales.

**Rhan 1 — Cyffredinol**

**Part 1 — General**

**Enwi, cychwyn a chymhwyso**

**Title, commencement and application**

1.—(1) Enw'r Rheoliadau hyn yw Rheoliadau Iechyd Meddwl (Cydgysylltu Gofal a Chynllunio Gofal a Thriniaeth) (Cymru) 2011 a deuant i rym ar 6 Mehefin 2012.

1.—(1) The title of these Regulations is The Mental Health (Care Co-ordination and Care and Treatment Planning) (Wales) Regulations 2011 and they come into force on 6 June 2012.

(2) Mae'r Rheoliadau hyn yn gymwys o ran Cymru.

(2) These Regulations apply in relation to Wales.

**Dehongli**

**Interpretation**

2.—(1) Yn y Rheoliadau hyn—

2.—(1) In these Regulations—

mae i "Awdurdod Gwasanaethau Cymdeithasol Lleol cyfrifol" yr ystyr a roddir i "*responsible Local Social Services Authority*" gan adran 34(3) o Ddeddf 1983;

"adult placement carer" ("*gofalwr lleoliad oedolyn*") means a person in whose home an adult is or may be accommodated and provided with personal care under an adult placement agreement entered into or proposed to be entered into by the carer;

mae i "awdurdod rheoli" o ran un o ysbytai'r Gwasanaeth Iechyd Gwladol yr ystyr a roddir i "*managing authority*" gan baragraff 176 (ysbytai a'u hawdurdodau rheoli) o Atodlen A1 (preswylwyr ysbytai a chartrefi gofal: eu hamddifadu o'u

"care and treatment plan" ("*cynllun gofal a thriniaeth*") means a plan prepared for the purpose of achieving the outcomes which the provision of

rhyddid) i Ddeddf 2005, o ran ysbyty annibynnol mae iddo'r ystyr a roddir gan baragraff 177(b) (ysbytai a'u hawdurdodau rheoli) o Atodlen A1 i Ddeddf 2005, ac o ran cartref gofal mae iddo'r ystyr a roddir gan baragraff 179(b) (cartrefi gofal a'u hawdurdodau rheoli) o Atodlen A1 i Ddeddf 2005;

mae i "clinigydd cyfrifol" yr ystyr a roddir i "responsible clinician" yn adran 34(1) (dehongli Rhan II) o Ddeddf 1983;

dynodir "corff goruchwyllo" ("*supervisory body*") o ran ysbyty gan baragraff 181 (cyrff goruchwyllo: ysbytai) o Atodlen A1 i Ddeddf 2005, ac o ran cartref gofal gan baragraff 182 (cyrff goruchwyllo: cartrefi gofal) o Atodlen A1 i Ddeddf 2005;

ystyr "cyfnod rhyddhau perthnasol" ("*relevant discharge period*") yw'r cyfnod y caniateir i oedolyn wneud cais ynddo am i asesiad iechyd meddwl gael ei gynnal yn sgil ei ryddhau o wasanaethau iechyd meddwl eilaidd(1);

mae i "cyfrifoldeb rhiant" yr ystyr a roddir i "parental responsibility" gan adran 3 (ystyr "cyfrifoldeb rhiant") o Ddeddf 1989;

ystyr "cynllun gofal a thriniaeth" ("*care and treatment plan*") yw cynllun a baratoir er mwyn sicrhau'r canlyniadau y bwriedir i ddarpariaeth gwasanaethau iechyd meddwl i glaf perthnasol(2) eu sicrhau, fel y darperir yn adran 18(1)(b) (swyddogaethau'r cydgysylltydd gofal) o'r Mesur;

ystyr "darparydd gwasanaeth iechyd meddwl perthnasol" ("*relevant mental health service provider*") yw'r darparydd gwasanaeth iechyd meddwl eilaidd a ddynodir yn ddarparydd gwasanaeth iechyd meddwl perthnasol i glaf perthnasol yn unol ag adran 15 (dynodi'r darparydd gwasanaeth iechyd meddwl perthnasol ar gyfer claf perthnasol) o'r Mesur neu reoliad 3 o'r Rheoliadau hyn;

ystyr "Deddf 1983" ("*the 1983 Act*") yw Deddf Iechyd Meddwl 1983(3);

ystyr "Deddf 1989" ("*the 1989 Act*") yw Deddf Plant 1989(4);

ystyr "Deddf 2005" ("*the 2005 Act*") yw Deddf Galluedd Meddyliol 2005(5);

mental health services for a relevant patient(1) is designed to achieve, as provided in section 18(1)(b) (functions of the care coordinator) of the Measure;

"carer" ("*gofalwr*") means, in relation to a relevant patient, an individual who provides or intends to provide a substantial amount of care on a regular basis for that patient, but does not include an individual who provides, or intends to provide care for that patient by virtue of a contract of employment or other contract with any person or as a volunteer for a body (whether incorporated or not incorporated);

"employed" ("*wedi'i gyflogi*") means employed under a contract of service or engaged under a contract for services;

"guardian" ("*gwarcheidwad*") means the person named as guardian in a guardianship application made under section 7 (application for guardianship) of the 1983 Act or a guardianship order made under section 37 (powers of courts to order hospital admission or guardianship) of the 1983 Act;

"managing authority" ("*awdurdod rheoli*") in relation to a National Health Service hospital has the meaning given by paragraph 176 (hospitals and their managing authorities) of Schedule A1 (hospital and care home residents: deprivation of liberty) to the 2005 Act, in relation to an independent hospital has the meaning given by paragraph 177(b) (hospitals and their managing authorities) of Schedule A1 to the 2005 Act, and in relation to a care home has the meaning given by paragraph 179(b) (care homes and their managing authorities) of Schedule A1 to the 2005 Act;

"the Measure" ("*y Mesur*") means the Mental Health (Wales) Measure 2010(2);

"parental responsibility" ("*cyfrifoldeb rhiant*") has the meaning given by section 3 (meaning of "parental responsibility") of the 1989 Act;

"relevant discharge period" ("*cyfnod rhyddhau perthnasol*") means the period within which an adult may request that a mental health assessment is carried out following discharge from secondary mental health services(3);

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(1) Gweler rheoliad 3 (cyfnod rhyddhau perthnasol) o Reoliadau Iechyd Meddwl (Asesu Defnyddwyr Blaenorol o Wasanaethau Iechyd Meddwl Eilaidd) (Cymru) 2011 (O.S. 2011/2500 (Cy.272)).

(2) Gweler adran 12 (ystyr "claf perthnasol") o'r Mesur i gael y diffinaid o glaf perthnasol.

(3) 1983 p.20.

(4) 1989 p.41.

(5) 2005 p.9.

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(1) See section 12 (meaning of "relevant patient") of the Measure for the definition of relevant patient.

(2) 2010 nawm 7.

(3) See regulation 3 (relevant discharge period) of The Mental Health (Assessment of Former Users of Secondary Mental Health Services) (Wales) Regulations 2011 (S.I. 2011/2500 (W. 272)).

ystyr "diwrnod gwaith" ("*working day*") yw unrhyw ddiwrnod heblaw dydd Sadwrn, dydd Sul, dydd Nadolig, dydd Gwener y Groglith neu wyl banc yng Nghymru a Lloegr o dan Ddeddf Bancio a Thrafodion Ariannol 1971(1);

ystyr "gofalwr" ("*carer*"), o ran claf perthnasol, yw unigolyn sy'n darparu neu sy'n bwriadu darparu swm sylweddol o ofal yn rheolaidd i'r claf hwnnw, ond nid yw'n cynnwys unigolyn sy'n darparu, neu sy'n bwriadu darparu, gofal i'r claf hwnnw yn rhinwedd contract cyflogaeth neu gontract arall gydag unrhyw berson neu fel gwirfoddolwr i gorff (corfforedig ynteu anghorfforedig);

ystyr "gofalwr lleoliad oedolyn" ("*adult placement carer*") yw person y darperir neu y caniateir darparu llety a gofal personol i oedolyn yn ei gartref o dan gytundeb lleoliad oedolyn a wnaed neu y bwriedir ei wneud gan y gofalwr;

ystyr "gwarcheidwad" ("*guardian*") yw'r person a enwyd yn warcheidwad mewn cais am warcheidiaeth a wnaed o dan adran 7 (cais am warcheidiaeth) o Ddeddf 1983 neu mewn gorchymyn gwarcheidiaeth a wnaed o dan adran 37 (pwerau llysoedd i orchymyn derbyn i'r ysbyty neu i orchymyn gwarcheidiaeth) o Ddeddf 1983;

ystyr "y Mesur" ("*the Measure*") yw Mesur Iechyd Meddwl (Cymru) 2010(2);

ystyr "wedi'i gyflogi" ("*employed*") yw wedi'i gyflogi o dan gontract gwasanaeth neu wedi'i gymryd ymlaen o dan gontract ynglŷn â gwasanaethau; ac

ystyr "ymarferydd meddygol claf perthnasol" ("*relevant patient's medical practitioner*"), o ran claf perthnasol, yw'r ymarferydd meddygol cofrestredig y mae'r claf wedi'i gofrestru gydag ef ac unrhyw ymarferydd meddygol cofrestredig nad yw claf wedi'i gofrestru gydag ef ond y mae'r claf hwnnw wedi'i atgyfeirio ato i gael asesiad iechyd meddwl sylfaenol o dan Ran 1 (gwasanaethau cymorth iechyd meddwl sylfaenol lleol) o'r Mesur.

"relevant mental health service provider" ("*darparnydd gwasanaeth iechyd meddwl perthnasol*") means the secondary mental health service provider who is identified as a relevant patient's relevant mental health service provider in accordance with section 15 (identification of the relevant mental health service provider for a relevant patient) of the Measure or regulation 3 of these Regulations;

"relevant patient's medical practitioner" ("*ymarferydd meddygol claf perthnasol*") means, in relation to a relevant patient, the registered medical practitioner with whom the patient is registered and any registered medical practitioner with whom a patient is not registered but by whom that patient is referred for a primary mental health assessment under Part 1 (local primary mental health support services) of the Measure;

"responsible clinician" ("*clinigydd cyfrifol*") has the meaning given by section 34(1) (interpretation of Part II) of the 1983 Act;

"responsible Local Social Services Authority" ("*Awdurdod Gwasanaethau Cymdeithasol Lleol cyfrifol*") has the meaning provided by section 34(3) of the 1983 Act;

"supervisory body" ("*corff goruchwyllo*") in relation to a hospital has the identity given by paragraph 181 (supervisory bodies: hospitals) of Schedule A1 to the 2005 Act, and in relation to a care home has the identity given by paragraph 182 (supervisory bodies: care homes) of Schedule A1 to the 2005 Act;

"the 1983 Act" ("*Deddf 1983*") means the Mental Health Act 1983(1);

"the 1989 Act" ("*Deddf 1989*") means the Children Act 1989(2);

"the 2005 Act" ("*Deddf 2005*") means the Mental Capacity Act 2005(3); and

"working day" ("*diwrnod gwaith*") means any day except Saturday, Sunday, Christmas Day, Good Friday or a bank holiday in England and Wales under the Banking and Financial Dealings Act 1971(4).

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(1) 1971 p.80.

(2) 2010 mccc 7.

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(1) 1983 c.20.

(2) 1989 c.41.

(3) 2005 c.9.

(4) 1971 c.80.

## Rhan 2 — Cydgysylltwyr gofal

### Dynodi'r darparpwydd gwasanaeth iechyd meddwl perthnasol

3.—(1) Os oes Bwrdd Iechyd Lleol yn gyfrifol am ddarparu gwasanaeth iechyd meddwl eilaidd<sup>(1)</sup> i glaf perthnasol a bod awdurdod lleol hefyd yn gyfrifol am ddarparu gwasanaeth o'r fath, yna mae darpariaethau'r rheoliad hwn yn gymwys.

(2) Y Bwrdd Iechyd Lleol yw'r darparpwydd gwasanaeth iechyd meddwl perthnasol i glaf perthnasol oni bai bod paragraffau (3) neu (4) yn gymwys.

(3) Awdurdod lleol yw'r darparpwydd gwasanaeth iechyd meddwl perthnasol i glaf perthnasol os yw'r claf hwnnw'n destun—

- (a) cais am warcheidiaeth a wnaed o dan adran 7 o Ddeddf 1983; neu
- (b) gorchymyn gwarcheidiaeth a wnaed o dan adran 37 o Ddeddf 1983.

(4) Awdurdod lleol yw'r darparpwydd gwasanaeth iechyd meddwl perthnasol i glaf perthnasol os yw'r claf hwnnw o dan ddeunaw oed a hefyd—

- (a) yn derbyn gofal gan awdurdod lleol o fewn ystyr adran 22(1) (dyletswydd gyffredinol awdurdod lleol o ran plant sy'n derbyn gofal ganddynt) o Ddeddf 1989;
- (b) yn blentyn perthnasol o fewn ystyr adran 23A (yr awdurdod cyfrifol a phlant perthnasol) o Ddeddf 1989;
- (c) yn gymwys i gael cyngor a chymorth o dan adran 24(1A) (personau sy'n gymwys i gael cyngor neu gymorth) neu adran 24(1B) o Ddeddf 1989; neu
- (ch) yn cael ei dderbyn i ysgol yn unol â datganiad o anghenion addysgol arbennig a wneir o dan adran 324 (datganiad o anghenion addysgol arbennig) o Ddeddf Addysg 1996<sup>(2)</sup> sy'n enwi'r ysgol.

### Gofynion cymhwysra i gydgysylltwyr gofal

4.—(1) Mae person yn gymwys i'w benodi'n gydgysylltydd gofal os yw'r person hwnnw—

- (a) yn cyflawni un neu ragor o'r gofynion proffesiynol yn Atodlen 1 i'r Rheoliadau hyn; a
- (b) wedi dangos er boddhad y darparpwydd gwasanaeth iechyd meddwl perthnasol fod ganddo brofiad, sgiliau neu hyfforddiant priodol, neu gyfuniad priodol o brofiad, sgiliau a hyfforddiant.

(1) Gweler adran 49 o'r Mesur (ystyr gwasanaethau iechyd meddwl eilaidd) i gael y diffiniad o wasanaethau iechyd meddwl eilaidd.

(2) 1996 p. 56.

## Part 2 — Care coordinators

### Identification of relevant mental health service provider

3.—(1) Where a Local Health Board is responsible for providing a secondary mental health service<sup>(1)</sup> to a relevant patient and a local authority is also responsible for providing such a service, then the provisions of this regulation apply.

(2) The Local Health Board is the relevant mental health service provider for a relevant patient unless paragraphs (3) or (4) apply.

(3) A local authority is the relevant mental health service provider for a relevant patient if that patient is the subject of—

- (a) a guardianship application made under section 7 of the 1983 Act; or
- (b) a guardianship order made under section 37 of the 1983 Act.

(4) A local authority is the relevant mental health service provider for a relevant patient if that patient is under the age of eighteen years and—

- (a) is looked after by a local authority within the meaning of section 22(1) (general duty of local authority in relation to children looked after by them) of the 1989 Act;
- (b) is a relevant child within the meaning of section 23A (the responsible authority and relevant children) of the 1989 Act;
- (c) qualifies for advice and assistance under section 24(1A) (persons qualifying for advice or assistance) or section 24(1B) of the 1989 Act; or
- (d) is admitted to a school in accordance with a statement of special educational needs made under section 324 (statement of special educational needs) of the Education Act 1996<sup>(2)</sup> that names the school.

### Eligibility requirements for care coordinators

4.—(1) A person is eligible to be appointed as a care coordinator if that person—

- (a) fulfils one or more of the professional requirements in Schedule 1 to these Regulations; and
- (b) has demonstrated to the satisfaction of the relevant mental health service provider that he or she has appropriate experience, skills or training, or an appropriate combination of experience, skills and training.

(1) See section 49 of the Measure (meaning of secondary mental health services) for the definition of secondary mental health services.

(2) 1996 c. 56.

(2) Wrth benderfynu a yw person yn bodloni'r gofyniad penodi ym mharagraff (1)(b) rhaid rhoi sylw i safonau mewn unrhyw Godau Ymarfer a ddyroddir o dan adran 44 (codau ymarfer) o'r Mesur, ac unrhyw ganllawiau a ddyroddir o dro i dro gan Weinidogion Cymru.

### Rhan 3 — Cynlluniau gofal a thriniaeth

#### Ffurf a chynnwys cynlluniau gofal a thriniaeth

5.—(1) Rhaid i gydgyssylltydd gofal sicrhau bod cynllun gofal a thriniaeth sy'n cofnodi'r holl ganlyniadau y bwriedir i ddarpariaeth gwasanaethau iechyd meddwl eu sicrhau i glaf perthnasol yn cael ei gwblhau mewn ysgrifen ar y ffurf a nodir yn Atodlen 2.

(2) Rhaid i'r canlyniadau gynnwys cyflawniadau mewn o leiaf un o'r meysydd a ddarperir yn adran 18(1)(a) (swyddogaethau'r cydgysylltydd gofal) o'r Mesur (ond nid ydynt wedi'u cyfyngu i'r rhain).

### Rhan 4 — Paratoi cynlluniau gofal a thriniaeth, eu hadolygu a'u diwygio

#### Personau i ymgynghori â hwy

6.—(1) Os oes rhaid i gydgyssylltydd gofal claf perthnasol weithio gyda chlaf perthnasol a darparwyr gwasanaeth iechyd meddwl y claf hwnnw er mwyn—

- (a) cytuno ar y canlyniadau y bwriedir i ddarpariaeth gwasanaethau iechyd meddwl i'r claf hwnnw eu sicrhau fel y darperir gan adran 18(1)(a) o'r Mesur;
- (b) cytuno ar gynllun gofal a thriniaeth i'r claf hwnnw fel y darperir gan adran 18(1)(b) o'r Mesur; neu
- (c) adolygu a diwygio cynllun gofal a thriniaeth i'r claf hwnnw fel y darperir gan adran 18(1)(c) o'r Mesur,

yna mae darpariaethau'r rheoliad hwn yn gymwys.

(2) Yn ddarostyngedig i baragraff (4), mae'r cydgysylltydd gofal i gymryd pob cam ymarferol i ymgynghori â'r personau a ganlyn pan fo'r personau hynny wedi'u dynodi mewn perthynas â chlaf perthnasol—

- (a) yr holl bersonau sydd â chyfrifoldeb rhiant dros y claf hwnnw;
- (b) holl ofalwyr a holl ofalwyr lleoliad oedolyn y claf hwnnw;
- (c) clinigydd cyfrifol y claf hwnnw;
- (ch) pan fo gwarcheidwad wedi'i benodi i'r claf hwnnw o ganlyniad i gais am warcheidiaeth a wnaed o dan adran 7 o Ddeddf 1983 neu orchymyn gwarcheidiaeth a wnaed o dan adran 37 o Ddeddf 1983, gwarcheidwad y claf hwnnw;

(2) When determining whether a person satisfies the appointment requirement in paragraph (1)(b) regard must be had to standards in any Codes of Practice issued under section 44 (codes of practice) of the Measure, and any guidance that may be from time to time issued by the Welsh Ministers.

### Part 3 — Care and treatment plans

#### Form and content of care and treatment plans

5.—(1) A care coordinator must ensure that a care and treatment plan which records all of the outcomes which the provision of mental health services are designed to achieve for a relevant patient is completed in writing in the form set out in Schedule 2.

(2) The outcomes must include (but are not limited to) achievements in at least one of the areas provided in section 18(1)(a) (functions of the care coordinator) of the Measure.

### Part 4 — Preparing, reviewing and revising care and treatment plans

#### Persons to be consulted

6.—(1) Where a relevant patient's care coordinator must work with a relevant patient and that patient's mental health service providers to—

- (a) agree the outcomes which the provision of mental health services for that patient are designed to achieve as provided by section 18(1)(a) of the Measure;
- (b) agree a care and treatment plan for that patient as provided by section 18(1)(b) of the Measure; or
- (c) review and revise a care and treatment plan for that patient as provided by section 18(1)(c) of the Measure,

then the provisions of this regulation apply.

(2) Subject to paragraph (4), the care coordinator is to take all practicable steps to consult the following persons where those persons are identified in relation to a relevant patient—

- (a) all persons with parental responsibility for that patient;
- (b) all carers and adult placement carers of that patient;
- (c) that patient's responsible clinician;
- (d) where a guardian has been appointed for that patient as a result of a guardianship application made under section 7 of the 1983 Act or a guardianship order made under section 37 of the 1983 Act, that patient's guardian;

(d) rhoddai atwrneiaeth arhosol y claf hwnnw a benodwyd yn unol ag adran 10 (penodi rhoddeion) o Ddeddf 2005, neu ddirprwy i'r claf hwnnw a benodwyd gan y Llys Gwarchod yn unol ag adran 16 (pwerau i wneud penderfyniadau ac i benodi dirprwyon: cyffredinol) o Ddeddf 2005, ar yr amod—

(i) yn achos rhoddai, fod y materion sydd i'w hystyried wrth ymgynghori yn dod o fewn cwrpas yr atwrneiaeth arhosol, neu

(ii) yn achos dirprwy, fod y materion sydd i'w hystyried wrth ymgynghori yn dod o fewn cwrpas y gorchymyn, y cyfarwyddiadau neu'r telerau ynglŷn â phenodi'r dirprwy a bennwyd gan y Llys Gwarchod;

(dd) pan gynigir gweithredoedd neu benderfyniadau mewn perthynas â'r claf hwnnw o dan adrannau 37 (darparu triniaeth feddygol ddifrifol gan un o gyrff y GIG), 38 (darparu llety gan un o gyrff y GIG), 39 (darparu llety gan awdurdod lleol), 39A (person yn dod yn destun Atodlen A1), 39C (person heb gynrychiolydd tra bo'n destun Atodlen A1) neu 39D (person sy'n destun Atodlen A1 heb gynrychiolaeth a delir) o Ddeddf 2005, Eiriolydd Galluedd Meddwl Annibynnol a benodwyd i gynrychioli'r claf hwnnw yn unol ag adran 35 (penodi eiriolwyr galluedd meddwl annibynnol) o'r Ddeddf honno;

(e) pan fo'r claf hwnnw yn destun awdurdodiad safonol a roddwyd o dan Ran 4 (awdurdodiadau safonol) o Atodlen A1 i Ddeddf 2005, yr awdurdod rheoli, y corff goruchwylio a chynrychiolydd y person perthnasol a benodwyd i'r claf hwnnw o dan baragraff 139 (corff goruchwylio i benodi cynrychiolydd) o Atodlen A1 i Ddeddf 2005; ac

(f) pan fo'r claf hwnnw yn destun awdurdodiad brys a roddwyd o dan Ran 5 (awdurdodiadau brys) o Atodlen A1 i Ddeddf 2005, yr awdurdod rheoli a'r corff goruchwylio.

(3) Yn ddarostyngedig i baragraff (4), pan fo'r personau a ganlyn wedi'u dynodi mewn perthynas â chlaf perthnasol, caniateir i'r cydgysylltydd gofal ymgynghori â hwy—

(a) unrhyw berson y mae'r cydgysylltydd gofal yn dymuno ymgynghori ag ef, er mwyn hwyluso cyflawni swyddogaethau'r cydgysylltydd gofal; a

(b) unrhyw berson y mae'r claf hwnnw'n dymuno gweld ymgynghori ag ef mewn cysylltiad â sut mae'r cydgysylltydd gofal yn cyflawni ei swyddogaethau.

(e) a donee of that patient's lasting power of attorney who has been appointed in accordance with section 10 (appointment of donees) of the 2005 Act, or a deputy of that patient who has been appointed by the Court of Protection in accordance with section 16 (powers to make decisions and appoint deputies: general) of the 2005 Act, provided that—

(i) in the case of a donee, the matters which are to be considered in the consultation fall within the scope of the lasting power of attorney, or

(ii) in the case of a deputy, the matters which are to be considered in the consultation fall within the scope of the order, directions or terms of appointment of the deputy which have been specified by the Court of Protection;

(f) where there are acts or decisions proposed in relation to that patient under sections 37 (provision of serious medical treatment by NHS body), 38 (provision of accommodation by NHS body), 39 (provision of accommodation by local authority), 39A (person becomes subject to Schedule A1), 39C (person unrepresented whilst subject to Schedule A1) or 39D (person subject to Schedule A1 without paid representative) of the 2005 Act, an Independent Mental Capacity Advocate who has been appointed to represent that patient in accordance with section 35 (appointment of independent mental capacity advocates) of that Act;

(g) where that patient is subject to a standard authorisation given under Part 4 (standard authorisations) of Schedule A1 to the 2005 Act, the managing authority, the supervisory body and the relevant person's representative who has been appointed for that patient under paragraph 139 (supervisory body to appoint representative) of Schedule A1 to the 2005 Act; and

(h) where that patient is subject to an urgent authorisation given under Part 5 (urgent authorisations) of Schedule A1 to the 2005 Act, the managing authority and the supervisory body.

(3) Subject to paragraph (4), where the following persons are identified in relation to a relevant patient, he or she may be consulted by the care coordinator—

(a) any person who the care coordinator wishes to consult, in order to facilitate the carrying out of the care coordinator's functions; and

(b) any person who that patient wishes to be consulted in connection with the care coordinator carrying out his or her functions.



(4) Cyn ymgynghori ag unrhyw rai o'r personau a grybwyllir ym mharagraffau (2) a (3)(a) mae'r cydgysylltydd gofal i gymryd i ystyriaeth farn y claf perthnasol ynghylch a ddylid ymgynghori â'r personau hynny.

(5) Ond mae'r cydgysylltydd gofal yn cael ymgynghori ag unrhyw rai o'r personau a grybwyllir ym mharagraffau (2) a (3)(a) yn erbyn dymuniadau claf perthnasol ar yr amod bod y cydgysylltydd gofal wedi rhoi ystyriaeth ddyladwy i farn y claf hwnnw.

(6) Pan fo'n rhaid ymgynghori â'r un person yn rhinwedd mwy nag un swyddogaeth o dan baragraffau (2) a (3), un ymgynghoriad yn unig y mae angen ei gynnal.

(7) Os nad unigolyn yw'r person yr ymgynghorir ag ef, caniateir ymgynghori ag unigolyn sy'n gweithredu ar ran y person neu sydd wedi'i gyflogi ganddo.

### **Adolygu a diwygio cynlluniau gofal a thriniaeth**

7.—(1) Caniateir i gynllun gofal a thriniaeth gael ei adolygu neu ei ddiwygio gan y cydgysylltydd gofal ar unrhyw adeg ar yr amod bod y cydgysylltydd gofal yn cytuno â'r adolygiad hwnnw neu'r diwygiad hwnnw.

(2) Yn ddarostyngedig i reoliad 11, rhaid i gydgyssylltydd gofal adolygu cynllun gofal a thriniaeth ac, os oes angen hynny, ei ddiwygio—

- (a) pan fo cyfnod o ddim mwy na 12 mis calendr wedi mynd heibio ers i'r cynllun hwnnw gael ei baratoi gyntaf neu ei adolygu ddiwethaf;
- (b) pan fo claf perthnasol yn gofyn i'w gynllun gael ei adolygu cyn i'r cyfnod o 12 mis calendr fynd heibio;
- (c) pan fo gofalwr neu ofalwr lleoliad oedolyn claf perthnasol yn gofyn i gynllun y claf hwnnw gael ei adolygu cyn i'r cyfnod o 12 mis calendr fynd heibio; neu
- (ch) pan fo darparrydd gwasanaeth iechyd meddwl at ddibenion Rhan 2 (cydgysylltu a chynllunio gofal ar gyfer defnyddwyr gwasanaethau iechyd meddwl eilaidd) o'r Mesur(1) yn gofyn i gynllun claf perthnasol gael ei adolygu.

(3) Ond nid oes angen i gydgyssylltydd gofal adolygu cynllun gofal a thriniaeth ar gais claf perthnasol, gofalwr y claf hwnnw neu ofalwr lleoliad oedolyn y claf hwnnw o dan yr amgylchiadau a ganlyn—

- (a) os yw'r cais yn ei farn ef yn wacsaw neu'n flinderus; neu
- (b) os nad oes newid amgylchiadau wedi bod yn ei farn ef sy'n teilyngu cynnal adolygiad arall cyn i'r cyfnod o 12 mis ym mharagraff (2)(a) fynd heibio.

(4) Before consulting any of the persons mentioned in paragraphs (2) and (3)(a) the care coordinator is to take account of the views of a relevant patient regarding whether such persons ought to be consulted.

(5) But the care coordinator may consult any of the persons mentioned in paragraphs (2) and (3)(a) against the wishes of a relevant patient provided that the care coordinator has given due consideration to the views of that patient.

(6) Where the same person is to be consulted in more than one capacity under paragraphs (2) and (3), only one consultation need take place.

(7) Where the person consulted is not an individual, consultation may take place with an individual acting on behalf of, or employed by, the person.

### **Review and revision of care and treatment plans**

7.—(1) A care and treatment plan may be reviewed or revised by the care coordinator at any time provided that the care coordinator agrees to that review or revision.

(2) Subject to regulation 11, a care coordinator must review and, if necessary revise, a care and treatment plan when—

- (a) a period of no more than 12 calendar months has elapsed since the initial preparation or the last review of that plan;
- (b) a relevant patient requests a review of his or her plan before the 12 calendar month period has elapsed;
- (c) a relevant patient's carer or adult placement carer requests a review of that patient's plan before the 12 calendar month period has elapsed; or
- (d) a mental health service provider for the purposes of Part 2 (coordination of and care planning for secondary mental health service users) of the Measure(1) requests a review of a relevant patient's plan.

(3) But a care coordinator need not review a care and treatment plan at the request of a relevant patient, that patient's carer or that patient's adult placement carer if, in his or her opinion—

- (a) the request for a review is frivolous or vexatious; or
- (b) since the last review there has been no change in circumstances which merit the holding of another review before the 12 month period in paragraph (2)(a) has passed.

(1) Gweler adran 13 (ystyr "darparrydd gwasanaeth iechyd meddwl") o'r Mesur i gael y diffiniad o ddarparrydd gwasanaeth iechyd meddwl at ddibenion Rhan 2.

(1) See section 13 (meaning of "mental health service provider") of the Measure for the definition of mental health service provider for the purposes of Part 2.

(4) Ac eithrio'r gofyniad bod rhaid cael adolygiad ac, os oes angen hynny, diwygiad ar gynllun gofal a thriniaeth fel y darperir ym mharagraff (2)(a), nid oes angen i gydgyssylltydd gofal adolygu cynllun gofal a thriniaeth o dan unrhyw ddarpariaeth yn y rheoliad hwn os oes angen mân ddiwygiadau i'r cynllun y mae'n briodol ym marn y cydgyssylltydd gofal eu gwneud heb gynnal adolygiad.

### Copïau o gynlluniau gofal a thriniaeth

8.—(1) Pan fo cydgyssylltydd gofal claf perthnasol—

- (a) wedi cytuno ar gynllun gofal a thriniaeth i glaf perthnasol ac wedi cofnodi'r cynllun mewn ysgrifen fel y darperir gan adran 18(1) a (2) o'r Mesur;
- (b) wedi cofnodi'r cynllun neu'r cynlluniau a benderfynwyd o dan ddarpariaethau adran 18(4) neu (5) o'r Mesur mewn ysgrifen fel y darperir gan adran 18(6) o'r Mesur; neu
- (c) wedi adolygu neu wedi diwygio cynllun gofal a thriniaeth i glaf perthnasol fel y darperir gan reoliad 7 neu 11 o'r Rheoliadau,

yna mae darpariaethau'r rheoliad hwn yn gymwys.

(2) Yn ddarostyngedig i baragraff (4), pan fo'r personau a ganlyn wedi'u dynodi mewn perthynas â chlaf perthnasol, mae'r cydgyssylltydd gofal i gymryd pob cam ymarferol i sicrhau y darperir copi ysgrifenedig iddynt o gynllun gofal a thriniaeth y claf hwnnw—

- (a) y claf hwnnw, oni bai—
  - (i) bod y claf hwnnw wedi gwrthod derbyn copi o'r cynllun; neu
  - (ii) bod darparu copi o'r cynllun yn debyg o beri niwed difrifol i iechyd neu gyflwr corfforol neu feddyliol y claf hwnnw;
- (b) yr holl bersonau sydd â chyfrifoldeb rhiant dros y claf hwnnw, oni bai bod person sydd â'r cyfrifoldeb hwnnw wedi gwrthod derbyn copi o'r cynllun;
- (c) holl ofalwyr a holl ofalwyr lleoliad oedolyn y claf hwnnw, oni bai bod gofalwr neu ofalwr lleoliad oedolyn wedi gwrthod derbyn copi o'r cynllun;
- (ch) ymarferydd meddygol cofrestredig y claf hwnnw;
- (d) y darparwyr gwasanaeth iechyd meddwl a'r sefydliadau gwirfoddol sy'n darparu gwasanaethau iechyd meddwl i'r claf hwnnw;
- (dd) clinigydd cyfrifol y claf hwnnw;
- (e) pan fo gwarcheidwad wedi'i benodi i'r claf hwnnw o ganlyniad i gais am warcheidiaeth a wnaed o dan adran 7 o Ddeddf 1983 neu orchymyn gwarcheidiaeth a wnaed o dan adran 37 o Ddeddf 1983—

(4) With the exception of the requirement to have a review and, if necessary, a revision of a care and treatment plan as provided in paragraph (2)(a), a care coordinator need not review a care and treatment plan under any provision of this regulation if minor amendments are required to the plan which, in the care coordinator's opinion, it is appropriate to make without a review being carried out.

### Copies of care and treatment plans

8.—(1) Where a relevant patient's care coordinator has—

- (a) agreed a care and treatment plan for a relevant patient and recorded the plan in writing as provided by section 18(1) and (2) of the Measure;
- (b) recorded the plan or plans determined under the provisions of section 18(4) or (5) of the Measure in writing as provided by section 18(6) of the Measure; or
- (c) reviewed or revised a care and treatment plan for a relevant patient as provided by regulation 7 or 11 of the Regulations,

then the provisions of this regulation apply.

(2) Subject to paragraph (4), where the following persons are identified in relation to a relevant patient, the care coordinator is to take all practicable steps to ensure that such persons are provided with a written copy of that patient's care and treatment plan—

- (a) that patient, unless—
  - (i) that patient has declined to receive a copy of the plan; or
  - (ii) the provision of a copy of the plan is likely to cause serious harm to the physical or mental health or condition of that patient;
- (b) all persons with parental responsibility for that patient, unless a person with such responsibility has declined to receive a copy of the plan;
- (c) all carers and adult placement carers of that patient, unless a carer or adult placement carer has declined to receive a copy of the plan;
- (d) that patient's registered medical practitioner;
- (e) the mental health service providers and voluntary organisations who provide mental health services to that patient;
- (f) that patient's responsible clinician;
- (g) where a guardian has been appointed for that patient as a result of a guardianship application made under section 7 of the 1983 Act or a guardianship order made under section 37 of the 1983 Act—

- (i) gwarcheidwad y claf hwnnw, a
  - (ii) Awdurdod Gwasanaethau Cymdeithasol Lleol cyfrifol y claf hwnnw;
- (f) rhoddai atwrneiaeth arhosol y claf hwnnw a benodwyd yn unol ag adran 10 o Ddeddf 2005, neu ddirprwy i'r claf hwnnw a benodwyd gan y Llys Gwarchod yn unol ag adran 16 o Ddeddf 2005, ar yr amod—
- (i) yn achos rhoddai, fod y materion y mae'r cynllun yn ymwneud â hwy gan gynnwys canlyniadau (ond heb fod yn gyfyngedig i ganlyniadau) y cytunwyd arnynt yn unol ag adran 18(1)(a) o'r Mesur, yn dod o fewn cwmpas yr atwrneiaeth arhosol, neu
  - (ii) yn achos dirprwy, fod y materion y mae'r cynllun yn ymwneud â hwy gan gynnwys canlyniadau (ond heb fod yn gyfyngedig i ganlyniadau) y cytunwyd arnynt yn unol ag adran 18(1)(a) o'r Mesur, yn dod o fewn cwmpas y gorchymyn, y cyfarwyddiadau neu'r telerau ynglŷn â phenodi'r dirprwy a bennwyd gan y Llys Gwarchod;
- (ff) os oes gweithredoedd neu benderfyniadau wedi'u cynnig mewn perthynas â'r claf hwnnw o dan adrannau 37, 38, 39, 39A, 39C neu 39D o Ddeddf 2005, Eiriolydd Galluedd Meddwl Annibynnol a benodwyd i gynrychioli'r claf hwnnw yn unol ag adran 35 o'r Ddeddf honno;
- (g) os yw'r claf hwnnw'n destun awdurdodiad safonol a roddwyd o dan Ran 4 o Atodlen A1 i Ddeddf 2005, yr awdurdod rheoli, y corff gorchwyllo a chynrychiolydd y person perthnasol a benodwyd i'r claf hwnnw o dan baragraff 139 o Atodlen A1 i Ddeddf 2005; ac
- (ng)os yw'r claf hwnnw yn destun awdurdodiad brys a roddwyd o dan Ran 5 o Atodlen A1 i Ddeddf 2005, yr awdurdod rheoli a'r corff goruchwyllo.
- (3) Yn ddarostyngedig i baragraff (4), pan fo'r personau a ganlyn wedi'u dynodi mewn perthynas â chlaf perthnasol, caniateir darparu copi ysgrifenedig o gynllun gofal a thriniaeth y claf perthnasol hwnnw iddynt—
- (a) unrhyw berson y mae'r cydgysylltydd gofal yn dymuno iddo gael copi o'r cynllun, er mwyn hwyluso cyflawni'r canlyniadau y bwriedir i ddarpariaeth gwasanaethau iechyd meddwl eu sicrhau i'r claf hwnnw; a
  - (b) unrhyw berson y mae'r claf hwnnw'n dymuno i gopi o'r cynllun gael ei ddarparu iddo.
- (4) Cyn darparu copïau o gynllun gofal a thriniaeth claf perthnasol i unrhyw rai o'r personau a grybwyllir ym mharagraffau (2) a (3)(a) mae'r cydgysylltydd gofal i gymryd i ystyriaeth farn y claf hwnnw ynghylch a
- (i) that patient's guardian, and
  - (ii) that patient's responsible Local Social Services Authority;
- (h) a donee of that patient's lasting power of attorney who has been appointed in accordance with section 10 of the 2005 Act, or a deputy of that patient who has been appointed by the Court of Protection in accordance with section 16 of the 2005 Act, provided that—
- (i) in the case of a donee, the matters with which the plan is concerned including (but not limited to) outcomes which have been agreed in accordance with section 18(1)(a) of the Measure, fall within the scope of the lasting power of attorney, or
  - (ii) in the case of a deputy, the matters with which the plan is concerned including (but not limited to) outcomes which have been agreed in accordance with section 18(1)(a) of the Measure, fall within the scope of the order, directions or terms of appointment of the deputy which may have been specified by the Court of Protection;
- (i) where there are acts or decisions proposed in relation to that patient under sections 37, 38, 39, 39A, 39C or 39D of the 2005 Act, an Independent Mental Capacity Advocate who has been appointed to represent that patient in accordance with section 35 of that Act;
- (j) where that patient is subject to a standard authorisation given under Part 4 of Schedule A1 to the 2005 Act, the managing authority, the supervisory body and the relevant person's representative who has been appointed for that patient under paragraph 139 of Schedule A1 to the 2005 Act; and
- (k) where that patient is subject to an urgent authorisation given under Part 5 of Schedule A1 to the 2005 Act, the managing authority and the supervisory body.
- (3) Subject to paragraph (4), where the following persons are identified in relation to a relevant patient, he or she may be provided with a written copy of that relevant patient's care and treatment plan—
- (a) any person who the care coordinator wishes to receive a copy of the plan, in order to facilitate the achievement of the outcomes which the provision of mental health services are designed to achieve for that patient; and
  - (b) any person who that patient wishes to be provided with a copy of the plan.
- (4) Before providing copies of a relevant patient's care and treatment plan to any of the persons mentioned in paragraphs (2) and (3)(a) the care coordinator is to take account of the views of that

ddylid darparu copïau o'r fath i'r personau hynny.

(5) Ond mae'r cydgysylltydd gofal yn cael darparu copïau o gynllun y claf perthnasol i unrhyw rai o'r personau a grybwyllir ym mharagraffau (2) a (3)(a) yn erbyn dymuniadau'r claf hwnnw ar yr amod bod y cydgysylltydd gofal wedi rhoi ystyriaeth ddyladwy i farn y claf hwnnw.

(6) At ddibenion y rheoliad hwn—

- (a) os oes copi o gynllun i'w ddarparu i berson, caiff y cydgysylltydd gofal gadw'r copi hwnnw yn ôl neu ddarparu copi o ran o'r cynllun hwnnw os yw'r cydgysylltydd gofal o'r farn ei bod er lles claf perthnasol gwneud hynny;
- (b) os yw person yn gymwys i gael mwy nag un copi o gynllun sy'n ymwneud â chlaf perthnasol, un copi yn unig o'r cynllun y mae angen ei ddarparu;
- (c) mae person yn gymwys i gael copi o gynllun os yw'n gymwys o dan un neu fwy o'r categorïau ym mharagraff (2) ar yr adeg y mae copïau o'r cynllun i'w darparu o dan baragraff (1);
- (ch) ni chaiff person y mae cynllun i'w ddarparu iddo wrthod derbyn cynllun oni bai bod darpariaeth ym mharagraff (2) yn caniatáu yn bendant iddo wneud hynny.

#### **Traddodi copïau o gynlluniau gofal a thriniaeth**

9.—(1) Mae unrhyw gopi o gynllun gofal a thriniaeth wedi'i ddarparu os yw—

- (a) wedi'i draddodi â llaw i berson;
- (b) wedi'i draddodi â llaw i gyfeiriad hysbys diwethaf person;
- (c) wedi'i anfon drwy'r post a dalwyd ymlaen llaw i gyfeiriad hysbys diwethaf person;
- (ch) wedi'i anfon drwy drosglwyddiad ffacsimili i rif a bennwyd gan berson; neu
- (d) wedi'i draddodi neu wedi'i anfon drwy unrhyw gyfrwng arall boed electronig neu fel arall y cytunwyd arno rhwng y cydgysylltydd gofal a pherson.

(2) Os nad unigolyn yw person, mae copi o gynllun wedi'i ddarparu os yw wedi'i draddodi neu wedi'i anfon i unigolyn sy'n gweithredu ar ran y person hwnnw neu sydd wedi'i gyflogi ganddo.

### **Rhan 5 — Rhyddhau**

#### **Gwybodaeth i bersonau sy'n peidio â bod yn gleifion perthnasol**

10.—(1) Rhaid i'r wybodaeth a ganlyn gael ei darparu mewn ysgrifen i unigolyn wrth ei ryddhau o wasanaethau iechyd meddwl eilaidd—

patient regarding whether such persons ought to be provided with such copies.

(5) But the care coordinator may provide copies of a relevant patient's plan to any of the persons mentioned in paragraphs (2) and (3)(a) against the wishes of that patient provided that the care coordinator has given due consideration to the views of that patient.

(6) For the purposes of this regulation—

- (a) where a copy of a plan is to be provided to a person, the care coordinator may withhold that copy or provide a copy of part of that plan if the care coordinator is of the view that it is in a relevant patient's interests to do so;
- (b) where a person is eligible to receive more than one copy of a plan relating to a relevant patient, only one copy of the plan need be provided;
- (c) a person is eligible to receive a copy of a plan if he or she is eligible under one or more of the categories in paragraph (2) at the time when copies of the plan are to be provided under paragraph (1);
- (d) a person to whom a plan is to be provided cannot decline to receive a plan unless a provision in paragraph (2) expressly allows him or her to do so.

#### **Delivery of copies of care and treatment plans**

9.—(1) Any copy of a care and treatment plan is provided if it is—

- (a) delivered by hand to a person;
- (b) delivered by hand to the last known address of a person;
- (c) sent by prepaid post to the last known address of a person;
- (d) sent by facsimile transmission to a number specified by a person; or
- (e) delivered or sent by any other means whether electronic or otherwise as may be agreed between the care coordinator and a person.

(2) Where a person is not an individual, a copy of a plan is provided if it is delivered or sent to an individual acting on behalf of, or employed by, that person.

### **Part 5 — Discharge**

#### **Information for persons ceasing to be relevant patients**

10.—(1) The following information must be provided in writing to an individual on his or her discharge from secondary mental health services—

- (a) y rheswm dros ryddhau'r unigolyn hwnnw o wasanaethau iechyd meddwl eilaidd; a
- (b) y camau a all gael eu cymryd, a chan bwy, os yw'r unigolyn hwnnw o'r farn bod angen rhagor o gymorth a chyngor mewn perthynas â'i iechyd meddwl yn sgil ei ryddhau.

(2) Yn ychwanegol at yr wybodaeth ym mharagraff (1), rhaid i oedolyn gael gwybodaeth mewn ysgrifen am ei hawl i gael asesiad o dan Ran 3 (asesiadau ar ddefnyddwyr blaenorol o wasanaethau iechyd meddwl eilaidd) o'r Mesur.

(3) Yn ychwanegol at yr wybodaeth ym mharagraff (1), pan fo unigolyn wedi'i ryddhau o wasanaethau iechyd meddwl eilaidd fel plentyn ond ei fod yn dod yn oedolyn yn ystod y cyfnod rhyddhau perthnasol rhaid i'r wybodaeth a ganlyn gael ei darparu mewn ysgrifen—

- (a) gwybodaeth am ei hawl wrth gyrraedd deunaw oed i gael asesiad o dan Ran 3 o'r Mesur;
- (b) esboniad ar sut mae ei ben-blwydd yn ddeunaw oed yn berthnasol at ddibenion hawl i gael asesiad o'r fath; ac
- (c) faint o'r cyfnod rhyddhau perthnasol sydd heb ddirwyn i ben ar ben-blwydd yr unigolyn yn ddeunaw oed.

(4) Caniateir i wybodaeth heblaw'r hyn y mae'n rhaid ei ddarparu yn unol â pharagraffau (1), (2) a (3) gael ei darparu i'r unigolyn wrth ei ryddhau o wasanaethau iechyd meddwl eilaidd

(5) Pan fo Bwrdd Iechyd Lleol yn rhyddhau unigolyn o wasanaethau iechyd meddwl eilaidd, rhaid i'r Bwrdd ddarparu gwybodaeth i'r unigolyn hwnnw yn unol â pharagraffau (1), (2), (3) a (4) os nad oes awdurdod lleol, ar y dyddiad rhyddhau, yn darparu gwasanaeth iechyd meddwl eilaidd i'r unigolyn hwnnw.

(6) Pan fo awdurdod lleol yn rhyddhau unigolyn o wasanaethau iechyd meddwl eilaidd, rhaid i'r awdurdod ddarparu gwybodaeth i'r unigolyn hwnnw yn unol â pharagraffau (1), (2), (3) a (4) os nad oes Bwrdd Iechyd Lleol, ar y dyddiad rhyddhau, yn darparu gwasanaeth iechyd meddwl eilaidd i'r unigolyn hwnnw.

## Rhan 6 — Trosiannol

### Darpariaethau trosiannol

**11.**—(1) Yn achos claf perthnasol nad oes cydgysylltydd gofal wedi'i benodi iddo ar y dyddiad y daw'r Rheoliadau hyn i rym, rhaid i'r darparydd gwasanaeth iechyd meddwl perthnasol—

- (a) penodi cydgysylltydd gofal i'r claf hwnnw heb fod yn fwy nag 1 mis calendr ar ôl y dyddiad y daw'r Rheoliadau hyn i rym;

- (a) the reason for that individual's discharge from secondary mental health services; and
- (b) the action which may be taken, and by whom, if that individual considers that further support and advice in relation to his or her mental health is required following discharge.

(2) In addition to the information in paragraph (1), an adult must be provided with information in writing regarding his or her entitlement to assessment under Part 3 (assessments of former users of secondary mental health services) of the Measure.

(3) In addition to the information in paragraph (1), where an individual is discharged from secondary mental health services as a child but becomes an adult during the relevant discharge period the following information must be provided in writing—

- (a) information on his or her entitlement on reaching the age of eighteen years to assessment under Part 3 of the Measure;
- (b) an explanation of how his or her eighteenth birthday is relevant for the purposes entitlement to such an assessment; and
- (c) the length of the relevant discharge period which is unexpired at the individual's eighteenth birthday.

(4) Information other than that which must be provided in accordance with paragraphs (1), (2) and (3) may be given to the individual on his or her discharge from secondary mental health services.

(5) Where a Local Health Board discharges an individual from secondary mental health services, the Board must provide that individual with information in accordance with paragraphs (1), (2), (3) and (4) if, at the date of discharge, no local authority is providing that individual with a secondary mental health service.

(6) Where a local authority discharges an individual from secondary mental health services, the authority must provide that individual with information in accordance with paragraphs (1), (2), (3) and (4) if, at the date of discharge, no Local Health Board is providing that individual with a secondary mental health service.

## Part 6 — Transition

### Transitional provisions

**11.**—(1) In the case of a relevant patient for whom a care coordinator has not been appointed at the coming into force date of these Regulations, the relevant mental health service provider must—

- (a) appoint a care coordinator for that patient no later than 1 calendar month from the coming into force date of these Regulations;

- (b) sicrhau bod y cydgysylltydd a benodir yn bodloni'r gofynion cymhwysra i gydgyssylltwyr gofal a nodir yn rheoliad 4 o'r Rheoliadau hyn ac Atodlen 1 iddynt; ac
- (c) os yw'r cydgysylltydd gofal wedi'i gyflogi gan berson arall, sicrhau bod cydsyniad y person arall i benodiad y cydgysylltydd gofal wedi'i gael yn unol ag adran 16(2) (darpariaeth bellach ynghylch penodi cydgysylltwyr gofal) o'r Mesur.

(2) Os oes cydgysylltydd gofal wedi'i benodi i glaf perthnasol ar y dyddiad y daw'r Rheoliadau hyn i rym—

- (a) bernir bod y cydgysylltydd gofal wedi'i benodi'n gydgyssylltydd gofal i'r claf hwnnw yn unol â rheoliad 4 o'r Rheoliadau hyn ac Atodlen 1 iddynt, a chyfeirir ato fel "cydgysylltydd gofal tybiedig" at ddibenion y rheoliad hwn;
- (b) os yw'r cydgysylltydd gofal tybiedig wedi'i gyflogi gan berson arall heblaw darparydd gwasanaeth iechyd meddwl perthnasol y claf, rhaid i gydsyniad y person arall i benodiad y cydgysylltydd gofal tybiedig gael ei sicrhau gan y darparydd yn unol ag adran 16(2) o'r Mesur; ac
- (c) os na cheir cydsyniad y person sy'n gyflogwr i'r cydgysylltydd gofal tybiedig, rhaid i'r darparydd gwasanaeth iechyd meddwl perthnasol benodi cydgysylltydd gofal arall i'r claf hwnnw heb fod yn fwy nag 1 mis calendr ar ôl y dyddiad y daw'r Rheoliadau hyn i rym.

(3) Os nad yw'r cydgysylltydd gofal tybiedig i glaf perthnasol yn bodloni'r gofynion cymhwysra i'w benodi'n gydgyssylltydd gofal yn unol â rheoliad 4 o'r Rheoliadau hyn ac Atodlen 1 iddynt, rhaid i ddarparydd gwasanaeth iechyd meddwl perthnasol y claf benodi cydgysylltydd gofal i'r claf hwnnw sy'n bodloni'r gofynion cymhwysra heb fod yn fwy nag 1 mis calendr ar ôl y dyddiad y daw'r Rheoliadau hyn i rym.

(4) Yn achos claf perthnasol sydd heb gynllun gofal a thriniaeth eisoes mewn bod ar y dyddiad y daw'r Rheoliadau hyn i rym, rhaid i'r cydgysylltydd gofal—

- (a) gweithio gyda'r claf hwnnw a darparwyr gwasanaeth iechyd meddwl perthnasol y claf hwnnw gyda golwg ar gytuno ar y canlyniadau y bwriedir i ddarpariaeth gwasanaethau iechyd meddwl i'r claf hwnnw eu sicrhau, a pharatoi a chofnodi mewn ysgrifen gynllun gofal a thriniaeth i'r claf hwnnw yn unol â rheoliad 5 heb fod yn fwy na 60 diwrnod ar ôl y dyddiad y daw'r Rheoliadau hyn i rym;
- (b) ymgynghori â phersonau yn unol â rheoliad 6 fel rhan o broses cytuno ar ganlyniadau a pharatoi cynllun gofal a thriniaeth i'r claf

- (b) ensure that the coordinator who is appointed satisfies the eligibility requirements for care coordinators set out in regulation 4 and Schedule 1 to these Regulations; and
- (c) if the care coordinator is employed by another person, ensure that the consent of the other person to the care coordinator's appointment is obtained in accordance with section 16(2) (further provision about the appointment of care coordinators) of the Measure.

(2) Where a care coordinator has been appointed for a relevant patient at the coming into force date of these Regulations—

- (a) the care coordinator is deemed to be appointed as care coordinator for that patient in accordance with regulation 4 and Schedule 1 of these Regulations, and is referred to as a "deemed care coordinator" for the purpose of this regulation;
- (b) if the deemed care coordinator is employed by a person other than that patient's relevant mental health service provider, the consent of the other person to the deemed care coordinator's appointment must be obtained by the provider in accordance with section 16(2) of the Measure; and
- (c) if the consent of the person who is the deemed care coordinator's employer is not obtained, the relevant mental health service provider must appoint another care coordinator for that patient no later than 1 calendar month from the coming into force date of these Regulations.

(3) Where the deemed care coordinator for a relevant patient does not satisfy the eligibility requirements for appointment as a care coordinator in accordance with regulation 4 and Schedule 1 of these Regulations, the patient's relevant mental health service provider must appoint a care coordinator for that patient who satisfies the eligibility requirements no later than 1 calendar month from the coming into force date of these Regulations.

(4) In the case of a relevant patient who does not have an existing care and treatment plan at the coming into force date of these Regulations, the care coordinator must—

- (a) work with that patient and that patient's relevant mental health service providers with a view to agreeing the outcomes which the provision of mental health services for that patient are designed to achieve, and prepare and record in writing a care and treatment plan for that patient in accordance with regulation 5 no later than 60 days from the coming into force date of these Regulations;
- (b) consult with persons in accordance with regulation 6 as part of the process of agreeing outcomes and preparing a care and treatment

hwennw heb fod yn fwy na 60 diwrnod ar ôl y dyddiad y daw'r Rheoliadau hyn i rym;

- (c) darparu copiâu o gynllun gofal a thriniaeth y claf hwennw yn unol â rheoliad 8 heb fod yn fwy na 10 diwrnod gwaith ar ôl i'r cynllun gael ei baratoi a'i gofnodi mewn ysgrifen; ac

- (ch) adolygu cynllun gofal a thriniaeth y claf hwennw heb fod yn fwy na 12 mis calendr ar ôl y dyddiad y cafodd y cynllun ei baratoi a'i gofnodi mewn ysgrifen.

(5) Os oes gan glaf perthnasol gynllun gofal a thriniaeth eisoes mewn bod ar y dyddiad y daw'r Rheoliadau hyn i rym, rhaid i'r cydgyssylltydd gofal—

- (a) adolygu'r cynllun gofal a thriniaeth hwennw sydd eisoes mewn bod heb fod yn fwy na 12 mis calendr ar ôl y dyddiad y daw'r Rheoliadau hyn i rym;
- (b) fel rhan o'r adolygiad ar y cynllun gofal a thriniaeth hwennw sydd eisoes mewn bod i'r claf hwennw—
  - (i) ymgynghori â phersonau yn unol â rheoliad 6,
  - (ii) gweithio gyda'r claf hwennw a darparwyr gwasanaeth iechyd meddwl perthnasol y claf hwennw gyda golwg ar gytuno ar y canlyniadau y bwriedir i ddarpariaeth gwasanaethau iechyd meddwl i'r claf hwennw eu sicrhau, a pharatoi a chofnodi mewn ysgrifen gynllun gofal a thriniaeth (y "cynllun newydd") yn unol â rheoliad 5; ac
- (c) darparu copiâu o gynllun newydd y claf hwennw fel y darperir yn rheoliad 8.

plan for that patient no later than 60 days of the coming into force date of these Regulations;

- (c) provide copies of that patient's care and treatment plan in accordance with regulation 8 no later than 10 working days after the plan has been being prepared and recorded in writing; and

- (d) review that patient's care and treatment plan no later than 12 calendar months from the date on which the plan was prepared and recorded in writing.

(5) Where a relevant patient has an existing care and treatment plan at the coming into force date of these Regulations, the care coordinator must—

- (a) review that existing care and treatment plan no later than 12 calendar months from the coming into force date of these Regulations;
- (b) as part of the review of that existing care and treatment plan for that patient—
  - (i) consult with persons in accordance with regulation 6,
  - (ii) work with that patient and that patient's relevant mental health service providers with a view to agreeing the outcomes which the provision of mental health services for that patient are designed to achieve, and prepare and record in writing a care and treatment plan (the "new plan") in accordance with regulation 5; and
- (c) provide copies of that patient's new plan as provided in regulation 8.

*Lesley Griffiths*

Y Gweinidog Iechyd a Gwasanaethau Cymdeithasol,  
un o Weinidogion Cymru

Minister for Health and Social Services, one of the  
Welsh Ministers

6 Rhagfyr 2011

6 December 2011

# ATODLEN 1

Rheoliad 4(1)(a)

## GOFYNIION PROFFESIYNOL

1. Y gofynion proffesiynol yw bod rhaid i berson fod—

- (a) yn weithiwr cymdeithasol cymwysedig a gofrestrwyd gyda Chyngor Gofal Cymru neu'r Cyngor Gofal Cymdeithasol Cyffredinol;
- (b) yn nyrs lefel gyntaf neu'n nyrs ail lefel, a gofrestrwyd yn Is-Ran 1 neu Is-Ran 2 o'r gofrestr a gedwir o dan erthygl 5 o Orchymyn Nyrsio a Bydwreigiaeth 2001(1), gan gynnwys cofnod sy'n dynodi mai nyrsio iechyd meddwl neu nyrsio anableddau dysgu yw ei maes ymarfer;
- (c) yn therapydd galwedigaethol sydd wedi'i gofrestru yn Rhan 6 o'r Gofrestr a gedwir o dan erthygl 5 o Orchymyn Proffesiynau Iechyd 2001(2);
- (ch) yn seicolegydd ymarferol sydd wedi'i gofrestru yn Rhan 14 o'r Gofrestr a gedwir o dan erthygl 5 o Orchymyn Proffesiynau Iechyd 2001;
- (d) yn ymarferydd meddygol cofrestredig;
- (dd) yn ddeietegydd sydd wedi'i gofrestru yn Rhan 4 o'r Gofrestr a gedwir o dan erthygl 5 o Orchymyn Proffesiynau Iechyd 2001;
- (e) yn ffisiotherapydd sydd wedi'i gofrestru yn Rhan 9 o'r Gofrestr a gedwir o dan erthygl 5 o Orchymyn Proffesiynau Iechyd 2001; neu
- (f) yn therapydd iaith a lleferydd sydd wedi'i gofrestru yn Rhan 12 o'r Gofrestr a gedwir o dan erthygl 5 o Orchymyn Proffesiynau Iechyd 2001.

# SCHEDULE 1

Regulation 4(1)(a)

## PROFESSIONAL REQUIREMENTS

1. The professional requirements are that a person must be—

- (a) a qualified social worker registered with the Care Council for Wales or the General Social Care Council;
- (b) a first or second level nurse, registered in Sub-Part 1 or Sub-Part 2 of the register maintained under article 5 of the Nursing and Midwifery Order 2001(1), with the inclusion of an entry indicating that his or her field of practice is mental health or learning disabilities nursing;
- (c) an occupational therapist who is registered in Part 6 of the Register maintained under article 5 of the Health Professions Order 2001(2);
- (d) a practitioner psychologist who is registered in Part 14 of the Register maintained under article 5 of the Health Professions Order 2001;
- (e) a registered medical practitioner;
- (f) a dietician who is registered in Part 4 of the Register maintained under article 5 of the Health Professions Order 2001;
- (g) a physiotherapist who is registered in Part 9 of the Register maintained under article 5 of the Health Professions Order 2001; or
- (h) a speech and language therapist who is registered in Part 12 of the Register maintained under article 5 of the Health Professions Order 2001.

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(1) O.S. 2002/253.

(2) O.S. 2002/254.

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(1) S.I. 2002/253.

(2) S.I. 2002/254.



## ATODLEN 2

Rheoliad 5(1)

### Cynllun Gofal a Thriniaeth

Gall y cynllun hwn cael ei gwblhau yn y Gymraeg neu yn y Saesneg, neu yn rhannol yn y Gymraeg ac yn rhannol yn y Saesneg

This plan may be completed in the Welsh or the English language, or partly in Welsh and partly in English

#### Mesur Iechyd Meddwl (Cymru) 2010 Adran 18 — Cynllun Gofal a Thriniaeth

Mae'r cynllun gofal a thriniaeth hwn wedi'i baratoi o dan adran 18 o Fesur Iechyd Meddwl (Cymru) 2010, ac yn unol â'r gofynion yn Rheoliadau Iechyd Meddwl (Cydgysylltu Gofal a Chynllunio Gofal a Thriniaeth) (Cymru) 2011.

Dyma gynllun gofal a thriniaeth [Enw'r claf perthnasol] sy'n byw yn [Cyfeiriad arferol llawn y claf perthnasol].

Y cydgysylltydd gofal sydd wedi paratoi'r cynllun gofal a thriniaeth hwn yw [Enw'r cydgysylltydd gofal] ac mae modd cysylltu â'r cydgysylltydd gofal yn [Rhif ffôn, cyfeiriad post ac, os yw'n briodol, cyfeiriad e-bost y cydgysylltydd gofal]. Mae'r cydgysylltydd gofal wedi cael ei benodi gan [Enw'r Bwrdd Iechyd Lleol neu'r Awdurdod Lleol a benododd y cydgysylltydd gofal] ac mae'n gweithredu ar eu rhan.

Cafodd y cynllun hwn ei wneud ar [Y dyddiad y cafodd y cynllun ei wneud] ac mae i'w adolygu erbyn [Y dyddiad y mae'n rhaid adolygu'r cynllun] fan bellaf. Er hynny, caiff [Enw'r claf perthnasol], neu'r gofalwr/gofalwyr neu'r gofalwr/gofalwyr lleoliad oedolyn sydd ganddo/ganddi ofyn i'r cynllun gofal hwn gael ei adolygu unrhyw bryd.

Mae'r rhan hon o'r cynllun gofal a thriniaeth yn cofnodi'r canlyniadau y mae'r ddarpariaeth gwasanaethau iechyd meddwl wedi'i bwriadu i'w sicrhau, manylion y gwasanaethau hynny sydd i gael eu darparu, a'r camau sydd i'w cymryd er mwyn sicrhau'r canlyniadau hynny.

[Rhaid i'r canlyniad(au) arfaethedig a gynhwysir yn y rhan ganlynol o'r cynllun ymwneud ag **un neu fwy** o'r meysydd sydd wedi'u rhestru, a chynnwys esboniad ar sut mae pob canlyniad yn ymwneud â phob maes. Gall canlyniadau gael eu sicrhau mewn meysydd eraill hefyd, a rhaid iddynt gymryd i ystyriaeth unrhyw risgiau sydd wedi'u nodi ar gyfer y claf perthnasol.

Mae'r rhan hon o'r cynllun hefyd yn nodi manylion y gwasanaethau sydd i'w darparu, neu'r camau sydd i'w cymryd, i sicrhau'r canlyniadau arfaethedig, gan gynnwys pa bryd a chan bwy y mae'r gwasanaethau hynny i'w darparu neu y mae'r camau hynny i'w cymryd.

## SCHEDULE 2

Regulation 5(1)

### Care and Treatment Plan

Gall y cynllun hwn cael ei gwblhau yn y Gymraeg neu yn y Saesneg, neu yn rhannol yn y Gymraeg ac yn rhannol yn y Saesneg

This plan may be completed in the Welsh or the English language, or partly in Welsh and partly in English

#### Mental Health (Wales) Measure 2010 Section 18 — Care and Treatment Plan

This care and treatment plan has been prepared under section 18 of the Mental Health (Wales) Measure 2010, and in accordance with the requirements of the Mental Health (Care Coordination and Care and Treatment Planning) (Wales) Regulations 2011.

This is the care and treatment plan of [Name of relevant patient] who lives at [Full usual address of relevant patient].

The care coordinator who has prepared this care and treatment plan is [Name of care coordinator] who can be contacted at [Telephone number, postal address and, where appropriate, email address of care coordinator]. The care coordinator has been appointed by, and is acting on behalf of, [Name of Local Health Board or Local Authority that appointed the care coordinator].

This plan was made on [Date the plan was made] and is to be reviewed no later than [Date by which the plan must be reviewed]. However, [Name of relevant patient], his or her carer(s) or adult placement carer(s) may request a review of this care plan at any time.

This part of the care and treatment plan records the outcomes which the provision of mental health services are designed to achieve, details of those services that are to be provided, and the actions that are to be taken with a view to achieving those outcomes.

[The planned outcome(s) included in the following part of the plan must relate to **one or more** of the areas listed, and include an explanation of how each outcome relates to each area. Outcomes also may be achieved in other areas, and are to take into account any risks identified in relation to the relevant patient.

This part of the plan also sets out details of the services that are to be provided, or actions taken, to achieve the planned outcomes, including when, and by whom those services are to be provided or actions taken.

[Rhaid cytuno ar ganlyniadau i'w sicrhau ar gyfer o leiaf un o'r meysydd a ganlyn:

- a) llety
- b) addysg a hyfforddiant
- c) cyllid ac arian
- ch) triniaeth feddygol a mathau eraill o driniaeth, gan gynnwys ymyriadau seicolegol
- d) perthnasau rhianta neu ofalu
- dd) gofal personol a llesiant corfforol
- e) cymdeithasol, diwylliannol neu ysbrydol
- f) gwaith a galwedigaeth.

Gall canlyniadau i'w sicrhau gael eu cytuno hefyd ar gyfer meysydd eraill]

- Y canlyniad sydd i'w sicrhau
- Pa wasanaethau sydd i'w darparu, neu pa gamau sydd i'w cymryd
- Pa bryd
- Gan bwy

Gall y meddyliau, y teimladau neu'r ymddygiadau a ganlyn ddangos bod [Enw'r claf perthnasol] yn mynd yn fwy sâl a bod angen cymorth ychwanegol oddi wrth y tîm gofal (mae'r rhain weithiau'n cael eu galw'n arwyddion o bwl pellach):

Os bydd [Enw'r claf perthnasol] yn teimlo bod ei iechyd meddwl neu ei hiechyd meddwl yn gwaethygu nes cyrraedd pwynt lle mae angen cymorth neu gefnogaeth ychwanegol, dylai'r camau a ganlyn gael eu cymryd (mae hyn weithiau'n cael ei alw'n gynllun argyfwng a rhaid iddo gynnwys manylion y gwasanaethau i gysylltu â nhw):

Dylai unrhyw ofynion neu ddymuniadau sydd gan [Enw'r claf perthnasol] o ran iaith neu gyfathrebu (gan gynnwys defnyddio'r Gymraeg) gael eu cofnodi yma:

Dyma farn [Enw'r claf perthnasol] am y cynllun gofal a thriniaeth hwn, y gwasanaethau iechyd meddwl sydd i'w darparu, ac unrhyw drefniadau at y dyfodol a ddylai gael eu hystyried:

[Cofnodwch unrhyw farn y mae'r claf perthnasol yn dymuno'i chynnwys (gan gynnwys dymuniadau a theimladau yn y gorffennol a'r presennol ynghylch y materion sydd wedi'u cynnwys yn y cynllun), gan gynnwys unrhyw osodiadau am unrhyw drefniadau at y dyfodol a allai fod yn gymwys. Os nad oes gan y claf farn neu osodiadau ar y materion hyn, neu os nad oes modd sicrhau barn y claf, dylai hynny gael ei gofnodi hefyd.]

Mae'r cynllun gofal a thriniaeth hwn  
\* wedi'i gytuno gyda [Enw'r claf

[Outcomes to be achieved must be agreed in relation to at least one of the following areas:

- a) accommodation
- b) education and training
- c) finance and money
- d) medical and other forms of treatment, including psychological interventions
- e) parenting or caring relationships
- f) personal care and physical well-being
- g) social, cultural or spiritual
- h) work and occupation.

Outcomes to be achieved may also be agreed in relation to other areas]

- Outcome to be achieved
- What services are to be provided, or actions taken
- When
- Who by

The following thoughts, feelings or behaviours may indicate that [Name of relevant patient] is becoming more unwell and may require extra help from the care team (these are sometimes called relapse signatures):

If [Name of relevant patient] feels that his or her mental health is deteriorating to the point where he or she requires extra help or support, the following actions ought to be taken (this is sometimes known as a crisis plan and must include details of the services to be contacted):

Any language or communication requirements or wishes which [Name of relevant patient] has (including in relation to the use of the Welsh language) ought to be recorded here:

The views of [Name of relevant patient] on this care and treatment plan, the mental health services that are to be provided, and any future arrangements that ought to be considered, are:

[Record any views that the relevant patient wishes to be included (including past and present wishes and feelings about the matters covered by the plan), and include any statements about any future arrangements which may apply. If the patient does not have any views or statements on these matters, or the patient's views cannot be ascertained, this ought to be recorded also.]

This care and treatment plan has  
\* been agreed with [Name of relevant

perthnasol] ac mae wedi'i gofnodi yn unol ag adran 18(2) o Fesur Iechyd Meddwl (Cymru) 2010

- \* heb gael ei gytuno gyda [Enw'r claf perthnasol] ond mae'r canlyniadau wedi'u penderfynu gan y darparydd/darparwyr gwasanaeth iechyd meddwl, ac maent wedi'u cofnodi yn unol ag adran 18(6) o Fesur Iechyd Meddwl (Cymru) 2010

[\* dileer fel y bo'n gymwys (rhaid defnyddio un, ond nid mwy nag un, o'r gosodiadau)]

Cyn belled ag y bo'n rhesymol ymarferol gwneud hynny, rhaid i'r darparydd/darparwyr gwasanaeth iechyd meddwl a ganlyn sicrhau bod y gwasanaethau iechyd meddwl a nodwyd yn y cynllun gofal a thriniaeth hwn yn cael eu darparu: [Rowch enw'r Bwrdd Iechyd Lleol a/neu'r Awdurdod Lleol sy'n gyfrifol am ddarparu gwasanaethau iechyd meddwl eilaidd i'r claf perthnasol]

Llofnod [Mae'r claf perthnasol yn cael llofnodi'r cynllun gofal a thriniaeth, os yw'n dymuno] Y claf perthnasol

Llofnod [Rhaid i'r cydgysylltydd gofal lofnodi'r cynllun gofal a thriniaeth hwn] Y cydgysylltydd gofal

Dyddiad [Rhowch y dyddiad y mae'r cynllun gofal a thriniaeth yn cael ei wneud]

patient] and is recorded in accordance with section 18(2) of the Mental Health (Wales) Measure 2010

- \* not been agreed with [Name of relevant patient] but the outcomes have been determined by the mental health service provider(s), and are recorded in accordance with section 18(6) of the Mental Health (Wales) Measure 2010

[\* delete as applicable (one, but not more than one, statement must apply)]

So far as it is reasonably practicable to do so, the following mental health service provider(s) must ensure that the mental health services set out in this care and treatment plan are provided: [Enter the name of the Local Health Board and/or the Local Authority who are responsible for providing secondary mental health services to the relevant patient]

Signed [The relevant patient may sign the care and treatment plan, if they wish] Relevant patient

Signed [The care coordinator must sign this care and treatment plan] Care coordinator

Date [Enter the date the care and treatment plan is made]

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OFFERYNNAU STATUDOL  
CYMRU

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**2011 Rhif 2942 (Cy.318)**

**IECHYD MEDDWL, CYMRU**

Rheoliadau Iechyd Meddwl  
(Cydgysylltu Gofal a Chynllunio  
Gofal a Thriniaeth) (Cymru)  
2011

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WELSH STATUTORY  
INSTRUMENTS

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**2011 No. 2942 (W.318)**

**MENTAL HEALTH, WALES**

The Mental Health (Care Co-  
ordination and Care and Treatment  
Planning) (Wales) Regulations  
2011