

## Treatment

Agreements regarding the treatment and additional assessment can be found in the treatment plan. It is of importance that such a plan is written and to ensure that the following subjects are included:

- which questions for care /care needs are the inducement for the health care
- a description of the problems, complaints, on which the care focuses
- the agreed treatment plan
- who offers this care
- frequency of sessions
- clearly defined goals
- a timeframe after which the treatment will be evaluated
- any additional assessment and its justification

During treatment this treatment plan helps you and your care provider to regularly evaluate together how the treatment is evolving and to discuss the result of possible additional assessment.

If more care providers are involved, one of them will take on the role of coordinator and contact point for you. This person is often called the case manager.

If necessary, the treatment plan is adjusted after an evaluation. You can also request an evaluation meeting, if you think the treatment plan needs to be modified.