**Preparing for a Social Care Assessment**

Community care is about helping people to live safely and as independently as possible in their own homes or in other accommodation in the community. Local authorities have a duty to assess a person who may be in need of community care. People who care for people living at home are also entitled to ask for an assessment, so their needs are taken into account. This is sometimes referred to as a carer’s assessment.

**What should I expect during an assessment?**

The purpose of the assessment is to identify what support an individual needs and how to best meet those needs. The assessment will be carried out by either a social worker or member of the social work team.

The social worker will meet with you in your home or a venue that suits you. They should use a “person centred approach” and spend time talking to you about your support needs. You will have a chance to give your view of what your support needs are, as will anyone else you choose to invite e.g. a carer or health professional. This part is called the self-assessment. The social worker will then write a report of your assessment which you should sign to show that it is accurate and fair.

The assessment will look at seven aspects of your life (the person requiring the support) and your carers, to identify your needs:

* Health and wellbeing
* Relationships with Family and Friends
* Having meaningful things to do e.g work, education, leisure and social activities
* Getting about at home and outside
* Looking after yourself
* Managing your life at home
* Your safety

These needs will be prioritised and compared to the local authority’s eligibility criteria. Those with more critical or substantial needs will be prioritised over those with moderate to low needs.

If you meet the eligibility criteria the assessor should then explain your options within Self Directed Support, the different services that are available to you and where you can get more information.

**How can I prepare for an assessment?**

The SDS Options Adviser can give you information on Self Directed Support and help you explore your options and outcomes. They will then provide you with an SDS Options Report you can take to your assessment which will detail what option you prefer, what you have identified your needs as being and what your outcomes are. It is important that you are comfortable and confident about the assessment process so make sure you ask for advice before the assessment. The SDS Options Adviser can help you prepare for the assessment and we have peer support workers who can help by sharing their stories and knowledge.

You can prepare by:

Giving thought to what you want to achieve in your daily life and the things that you find difficult.

Keep a weekly diary of your daily routines to help you identify how long it takes you to do certain tasks. Note down the time it takes as this will help your assessor to put forward what you need accurately.

You should think about your personal care needs, domestic needs and your social needs.

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| Personal care |
| Help to wake up/ get up |  |
| Shower/ wash |  |
| Shave |  |
| Transfer assistance needed |  |
| Hoist use needed |  |
| Assistance with toileting |  |
| Medication prompting |  |
| Change clothes |  |
| Breakfast  |  |
| Additional help |
| Lunch assistance/prep |  |
| Light housework |  |
| Tea/ dinner prep assistance |  |
| Get ready for bed (Tuck in) |  |
| Bath |  |
| Writing shopping list |  |
| Shopping |  |
| Budgeting – tenancy support can assist with this also |  |
| Safety (community alarms or referral to Fire Brigade for flame-retardant blankets, smoke alarm etc |  |
| Think about getting outside the home too – befrienders can also assist. We can provide a list of these in your area so please just ask |

**What happens if someone is not happy with their assessment?**

They should discuss this with the assessor. If there is still not an agreement, ask that your dissatisfaction is recorded with the assessment. Every Social Work Department should also have a complaints procedure. Ask how to make use of this**. (You can choose an advocate in your local area or ask your SDS advisor to assist you with any complaints).**

**How can I request an assessment?**

To request an assessment, you should call the numbers below:

Fife Council Social Work Contact Centre: **03451 555 555 ext 443796**