



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 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 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 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.

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

What happens if someone is not happy with their assessment?

They should discuss this with the assessor. If there is still not agreement ask that this is recorded with the assessment. Every Social Work Department should also have a complaints procedure. Ask how to make use of this.

How can I request an assessment?

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

Fife Council Social Work Contact Centre: **03451 55 15 03**