

Preparing for a Care Act Assessment and Support Planning

These are the areas we will consider when we are assessing your needs for care and support.

Support with personal care, this includes



1 Eating and drinking properly



2 Keeping clean and fresh



3 Using the toilet



4 Dressing the right way at the right time

Support in your home, this includes



5 Living in your home safely



6 Keeping your home clean and safe

Support in your community, this includes

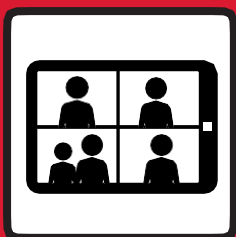


7 Getting to and doing work, training or learning



8 Getting around your area and using the facilities

Support with friends and family relationships, this includes



9 Keeping in touch with friends and family



10 Looking after your children, or relatives

You can now use the following pages to go through the different areas and make a record of what you need help with and what you want to achieve with support.

Your Personal Care –

this includes eating and drinking properly, keeping clean and fresh, using the toilet, dressing the right way at the right time.

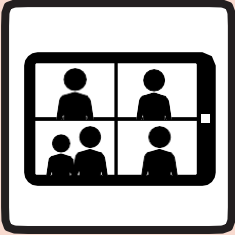


Things you might want to think about are:

- Have you enough food and drink and can you get to the shops to buy food
- Are you able to make meals on your own
- Do you have problems swallowing or eating food
- Do you have a restricted or unhealthy diet and struggle to plan your meals
- Can you get washed and do you need help to get in and out of the bath or shower
- Can you wash your clothes, including getting to a washing machine
- Do you know how to use a washing machine
- Do you need help to buy cleaning things
- Can you get to and use the toilet and wipe and clean yourself afterwards
- Do you need to use continence pads during the day or at night
- Can you get dressed in the right way for the weather or the activity you are doing
- Can you put on or fasten your clothes
- Are you able to buy new clothes when needed
- Do you struggle to manage zips, or clean your shoes
- Do you struggle to see if your clothes are clean or need changing for example are you visually impaired

You can make notes here to help with the assessment:

Support with friends and family relationships – this includes keeping in touch with friends and family and looking after children or relatives.



Things you might want to think about are:

- Do you feel lonely or isolated
- Do you find it hard to make friends or to keep up with friends and family
- Do your communication difficulties stop you keeping in touch with others
- Do you need support so that you can look after someone else

You can make notes here to help with the assessment:

Support in your home –

this includes living in your home safely and keeping your home clean and safe.



Things you might want to think about are:

- Can you move round your home safely
- Do you have trouble with steps, or using the kitchen, bathroom or toilet
- Are there steps up to your home that are difficult for you
- Are there some rooms that you now can't reach
- Do you have to spend a lot of the day in bed
- How are you with home appliances, can you use them without support, safely
- Is your home clean enough and well-kept so it is safe
- Do you need support to manage in your home
- Do you need help from someone to stay on top of bills and payments
- Is your home damp or in very poor repair
- Can you clean essential areas like the kitchen

You can make notes here to help with the assessment:

Support in your community –

this includes doing work, training or learning and it also includes getting around your community and using the facilities.



Things you might want to think about are:

- Do you have the chance to work or do training, education or volunteering
- Would you need support either to get there or to do the job or the training
- Can you leave your home safely
- Can you communicate successfully, or interact with others without support
- Are you able to get information about opportunities available to you
- Can you get around in the community safely and use things like public transport, shops and recreational facilities
- Do you need support for health appointments
- If you can't get around on your own can you organise a lift or a taxi
- Think about all the places you would like to go including informal things like going to the library or to meet a friend for coffee

You can make notes here to help with the assessment: