Social Care Assessment

What you need to know and how to prepare

Easy Read
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What is an assessment?

An assessment is a chance for you to talk to someone about the things you find difficult and the support you need.

We usually do it at your home, but you can choose to have your assessment somewhere else if you would like. We can sometimes do assessments on the phone.

We will talk you about how we can help you stay independent. This means looking after yourself and doing the things you would like. We may be able to give you some support to help you do this.
What will happen at my assessment?

We will talk to you about the things that are important to you and things you find difficult.

We’ll ask you about:-

- Things you would like to be able to do
- Things that are important to you
- The help you need
- Things you like to do
- Things you find difficult
- People who help you
- Things to do near where you live
- Your home
You may be asked to show us how you do things at home.

This could be getting in and out of the bath or making some food.

You may also be asked to show us how you do things outside, like going to the shops.
How long will the assessment take?

Everyone is different, so we do not give everyone the same amount of time for their assessment.

Your assessment will take as long as you need to tell us about yourself.

But, most assessments usually take about 30 minutes to 2 hours.

If you are worried about having your assessment all in one go, we can split it up into smaller visits.
What will happen after my assessment?

We will send you a copy of your assessment plan. You should read it to make sure that we wrote down everything you told us.

If you are happy with it, please sign it. If you are not happy with it please let us know.

We will give you information and advice to help you. We may also offer you some support to help you stay independent.

We may also offer you some equipment, or a housing adaptation to make it easier for you to live in your house.
Getting ready

It is good to get ready for your assessment. Think about the things you find difficult or challenging and also the things that you think will help you.

Try writing some notes in the following boxes and bring them with you to your assessment.

1. Cooking and preparing food

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2. Washing, keeping clean and going to the toilet

3. Getting dressed (putting your clothes on)

4. Getting around your home safely. For example, walking up the stairs
5. Looking after someone else. This could be called your caring responsibilities

6. Doing housework and keeping your home clean

7. Seeing friends and family
8. Working, volunteering, exercising and learning.

9. Getting out of your house and travelling into the community. This could also include using public transport like the bus.

10. Anything else
What can I do beforehand?

You should tell us if you are worried about having your assessment. This could be because you find it difficult to tell people what you are thinking, or you find it hard to tell people what you want.

You can call us before your assessment if you think there is something we should know, such as:-

- Any other assessments you have had. This could be a health or housing assessment.
- About any care you have arranged yourself
- What you like to be called
It would also be helpful for you to have any documents that you would like to show us. These could be letters from a doctor or from someone else that helps you.

It is also a good idea to prepare places in your house that you may need to show the person coming to meet you. You may be asked to show us how you do things in some parts of your home.

For example, we may ask you to show us how you get in or out of the bath if this is something you find difficult.
What will happen after my assessment?

We will send you a copy of your assessment plan. You should read it to make sure that we wrote down everything you told us.

If you are happy with it, please sign it. If you are not happy with it please let us know.

We will give you information and advice to help you. We may also offer you some support to help you stay independent.

We may also offer you some equipment, or a housing adaptation to make it easier for you to live in your house.
We will also tell you if you are eligible for ongoing support which can be paid by the council.

If you want support, we will make a plan to make sure you get the help you need.

If you are eligible, we will also tell you how much money it will cost. We will tell you if you need to pay towards your care.

Sometimes, the person who assessed you may not be able to decide things without talking to someone else first. We will tell you how long this might take.
What could be the outcome of my assessment?

We will:

- Talk to you about the help you need and make a plan with you
- Give you information about services available in your community
- Offer you advice about how to stay healthy and independent

We may:

- Suggest, or give you, some equipment to help you and your carer. We may also suggest an adaptation. This is a change to your house to make it easier for you to live in.
• Put you in touch with other people who could help you.

If you are eligible (qualify) for support from the council we will:-

• Talk to you about services you would like us to arrange for you

• Tell you how much money your care will cost us

• Tell you how much you need to pay towards it

• Talk to you about direct payments if you would like to arrange your own care

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For more information about adult care and support in Hertfordshire, please visit:

www.hertfordshire.gov.uk/adults

For more information about direct payments, please visit:

www.hertfordshire.gov.uk/directpayments