

## What is a Care Assessment?

### What will happen when I have my Care Assessment?

A Care Assessment is when a Social Worker or Assessment worker talks to you, and your family or friend if you wish to have someone with you, about your life, what you are able to do well and possibly what things that you may need some support with and what help and support we may be able to give you.

We will normally visit you at your home to do your Care Assessment with you. We can visit you elsewhere if you prefer.

### What kind of things will I be asked about?

We will ask you questions about how you cope with daily living. This might include things such as:

**Your health and mobility** (e.g. Details of any physical conditions, mental health conditions or other long-term conditions)

**Your personal care** (e.g. How you manage washing, dressing and toileting)

**Daily living tasks** (e.g. Making meals and drinks, shopping and laundry)

**The people who care for you** (e.g. Family, friends and neighbours who support you)

**Your emotional needs and your social activities** (e.g. Contact with family and friends and community involvement)

## **How long will it take to complete my Social Care Assessment?**

Your Social Care Assessment may be completed in one visit. If we need to look further at what help and support you may need, we may get in touch with other people like doctors, therapists or others. In these cases, an assessment may take longer to complete.