# **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		
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You can make notes here to help with the assessment:	You can make	e 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
	<ul> <li>Do you find it hard to make friends or to keep up with friends and family</li> </ul>
	<ul> <li>Do your communication difficulties stop you keeping in touch with others</li> </ul>
202	someone else
	Do you need support so that you can look after

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
	<ul><li>Do have trouble with steps, or using the kitchen, bathroom or toilet</li></ul>
	☐ 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
	<ul> <li>How are you with home appliances, can you use them without support, safely</li> </ul>
ואתו	☐ Is your home clean enough and well-kept so it is safe
	□ Do you need support to manage in your home
	<ul><li>Do you need help from someone to stay on top of bills and payments</li></ul>
	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:
<ul><li>Do you have the chance to work or do training, education or volunteering</li></ul>
Would you need support either to get there or to do the job or the training
☐ Can you leave your home safely
<ul><li>Can you communicate successfully, or interact with others without support</li></ul>
<ul><li>Are you able to get information about opportunities available to you</li></ul>
<ul> <li>Can you get around in the community safely and use things like public transport, shops and recreational facilities</li> </ul>
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:	