



Checklist

Preparing for your care needs assessment

Below are suggestions of things that you might want to think about and do before you have your assessment. Some things, such as organising an advocate, may take time to arrange, so you'll need to do them as soon as possible.

You could use this checklist to refer to during your assessment.

Before your assessment

Have you received information about the assessment from your council, including details of the questions they will be asking you?

Ask for this if not, and record details of who you spoke to and when below.

Have you told the council about any communication needs you have – for example, if you need information in a large print or audio format?



Who would you like to be involved in your assessment – a friend, family member, your GP, a current care worker? Have you asked them?

Have you told the council about anyone who will be joining you at your assessment, or that you would like the council to speak to?

Have you asked for an independent advocate if you need one?



Things to have ready for the day of the assessment

If you already receive care from a care agency, for example, have you got information from them about your current care package?

If you have any health conditions that are important for the assessor to know about, do you have information about it, from your GP or consultant, for example?

Have you been keeping a diary of your needs? This could be particularly useful if your needs tend to change from day to day, or if you want an easy, visual way to demonstrate your needs to the person carrying out your assessment.



After your assessment

Have you received a copy of your assessment?

Ask for this if not, and record details of who you spoke to and when.
