



Checklist

Considering your care needs

This checklist is structured in the same way as a care needs assessment. It will help you think about your needs, make notes and prepare for the assessment.

As you work through the checklist, think about anything that your care needs stop you doing that you used to do, or would like to do in the future. You do not need to be embarrassed – being honest means the assessor can get you the help you need.

What should be covered in your care needs assessment?

Your assessment should cover all the different areas of your life, including:

- your personal relationships – family and friends
- your physical and mental health and emotional wellbeing
- your safety
- your control over your daily life – this includes control over your care and support and the way it's provided
- whether you're able to work, study, volunteer or take part in leisure activities
- your economic wellbeing – for example, whether there are any benefits you're entitled to and should claim
- where you live – for example, how suitable it is
- whether you feel you're contributing to society
- that you're being treated with dignity and respect.

For each area of your life listed below, consider the following:

- Can you do this without help? What sort of help do you need?
- Does it take you a long time or cause you pain or anxiety?
- Can you do it safely?

Be as detailed as possible. Do not leave out any problems you have because you think they are too minor. You may want to keep a diary to show how things affect you at different times.



Managing and maintaining nutrition

This is about preparing and eating food and getting enough to drink. It includes being able to shop for food and any physical difficulties you might have, such as problems swallowing.

I need help with:

Eating and/or drinking.

Having a healthy diet.

Doing my shopping.

Preparing drinks, snacks or main meals.

Checking use-by dates on food, or telling if food is fresh.

Remembering or wanting to eat.

Using a feeding aid, such as a PEG tube.

Getting or using special equipment in the kitchen.

My challenges

How this affects my wellbeing



Maintaining personal hygiene

This is about whether you're able to wash yourself without help and keep your clothes clean.

I need help with:

Washing my whole body, including my feet or my back.

Getting in and out of the bath or shower.

Doing my washing.

Buying cleaning products.

Managing the amount of laundry I have.

Looking after my personal appearance, like washing my hair, shaving, cutting my nails or looking after my feet.

Taking care of my teeth or dentures.

My challenges

How this affects my wellbeing



Managing toilet needs

This is about being able to get to and use a toilet, and manage your toilet needs.

I need health with:

Using the toilet.

Managing continence.

Getting to the toilet in time.

Getting out of bed to get to the toilet.

Changing my bedding.

My challenges

How this affects my wellbeing



Being appropriately clothed

This is about being able to dress yourself and wearing the right clothes for the weather or situation. Being inappropriately dressed could affect your health or wellbeing – for example, accessing and engaging in work, training, education or volunteering.

I need help with:

Getting dressed and undressed.

Choosing the right clothes for the weather, especially wearing warm clothes in the winter.

Putting on socks and shoes.

Using buttons and laces.

Dressing in more formal clothes, like a tie or a dress with a zip.

Remembering to wear a coat when it's cold or raining.

Buying new clothes.

Keeping my clothes and shoes clean and in good condition.

My challenges

How this affects my wellbeing



Being able to make use of your home safely

This includes getting up any stairs or steps inside and outside your home, using kitchen facilities, or accessing the bathroom and toilet. Your answers may prompt a referral to an occupational therapist to assess your home and advise you about aids and adaptations.

I need help with:

Getting in and out of my home.

Getting up and down stairs.

Accessing and using all the rooms in my home.

Using all my appliances safely, like my cooker or heaters.

Getting in and out of bed.

Getting on and off my sofa or armchair.

Managing falls.

Using my equipment - for example, hoists or walking aids such as a Zimmer or Delta frame, or any electronic devices (telecare) such as a red button or sensor.

Using my wheelchair in my home (are the doors wide enough?)

Staying safe by myself at home.

Making my home suitable for my needs.

My challenges

How this affects my wellbeing



Maintaining a habitable home environment

This is about keeping your home clean, safe and fit for living in, with access to amenities such as water, gas and electricity.

I need help with:

Housework such as laundry and cleaning.

Doing day-to-day chores.

Keeping my home free from clutter and mess.

Managing my belongings to make it easier to move around my home.

Paying all my bills on time.

Paying my rent or mortgage.

Remembering to turn things off - for example, taps or the cooker.

Keeping my home warm and free from damp.

Keeping my home in good repair - for example, taking out the rubbish, changing light bulbs, or testing and changing the batteries in my smoke alarm.

My challenges

How this affects my wellbeing



Developing and maintaining family or other personal relationships

This is about meeting and staying in touch with new people or people that you already know. Social contact is important for your wellbeing and isolation can lead to anxiety and depression. Think about how much contact you need and how it affects your mood.

I need help with:

Building or maintaining a happy social life.

Meeting new people.

Reaching out to people for help or support.

Making arrangements or getting to social events.

Communicating with other people when we are together.

Staying in contact with people - for example, by phone, doing activities or online (video calls, email, social networks).

My challenges

How this affects my wellbeing



Accessing and engaging in work, training, education or volunteering

This is about having a job, learning new skills, how you spend your leisure time, being able to pursue your personal interests and enjoying life. You may be asked if you're able to get involved in any opportunities that you want to and whether you need support.

I need help with:

Leaving my home safely.

Doing something I would like to, but I'm not able to at the moment.

Completing a course.

Doing a hobby that I used to do.

Communicating with other people.

My challenges

How this affects my wellbeing



Making use of necessary facilities in the local community, including public transport

This is about being able to get out in the community and use local services such as shops, trains or the library.

I need help with:

Getting out and about, including to the shops.

Traveling to places I like to go, such as the library, a cafe or the pub.

Getting out to meet my friends.

Getting to my place of worship.

Using public transport.

Walking.

Booking or paying for a taxi if I need one.

Getting to healthcare appointments.

My challenges

How this affects my wellbeing



Carrying out any caring responsibilities for a child

This is about the help you might need to carry out parenting or other caring responsibilities for a child. If you're caring for an adult and you need more support, ask for a carer's assessment.

I need help with:

- Looking after my children, stepchildren or grandchildren.
- Getting them to school or to do homework.
- Supporting them to take part in leisure activities.
- Preparing meals for them.
- Looking after them if they are unwell.

My challenges

How this affects my wellbeing

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