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What Happens During an Assessment?

Brave Decisions. Better Lives.

Understanding the **Assessment Process**

If you or a loved one may need care or support, one of the first steps is usually a care needs assessment.

While the idea of an assessment can feel daunting, it is simply a conversation designed to help understand a person's needs, goals, and the support that may help them live as independently and safely as possible.

The assessment is not a test, and there are no right or wrong answers. It is an opportunity to talk openly about day-to-day life, any challenges being experienced, and the outcomes that matter most.

Why is an **Assessment Needed?**

An assessment helps professionals understand:

- What support a person may need
- What they can do independently
- Any health or wellbeing concerns
- How daily life is being affected
- What outcomes they would like to achieve
- Whether they may be eligible for funded support

The information gathered helps create a clearer picture of the individual's circumstances and ensures any support recommended is tailored to their needs.

Who Carries Out **the Assessment?**

Assessments are typically completed by a social worker, care assessor, or another qualified professional from the local authority or care provider.

Family members, carers, advocates, or other professionals may also be involved if the individual wishes.

The process should always focus on the person's views, wishes, and preferences.

What Will **Be Discussed?**

The assessor will take time to understand different areas of daily life.

Topics may include:

Daily Living

- **Personal care, such as washing and dressing**
- **Preparing meals and eating well**
- **Managing household tasks**
- **Mobility and getting around safely**

Topics may include:

Physical and Mental Health

- Medical conditions
- Medication requirements
- Physical health needs
- Mental health and emotional wellbeing

Independence

- Activities the person can manage alone
- Areas where support may be needed
- Skills they would like to develop

Relationships and Social Life

- Family support networks
- Friendships and social connections
- Community involvement
- Hobbies and interests

Safety and Risks

- Falls or mobility concerns
- Risks within the home
- Managing finances or appointments
- Any concerns about wellbeing or vulnerability

How Should **You Prepare?**

There is no need to worry about extensive preparation.

It can be helpful to think about:

- **What a typical day looks like**
- **Tasks that are becoming more difficult**
- **Support already being received**
- **Personal goals and aspirations**
- **Questions you would like to ask**

Some people find it useful to make notes beforehand or have a family member present for support.

What Happens After **the Assessment?**

Following the assessment, the assessor will review the information discussed and explain the next steps.

Depending on individual circumstances, this may include:

- **A recommendation for care or support services**
- **Exploring supported living or residential care options**
- **Developing a support plan**
- **Arranging specialist assessments**
- **Discussing funding and eligibility**
- **Signposting to community services and resources**

Any recommendations should be focused on helping the person achieve the best possible quality of life and independence.

Will Family Members **Be Involved?**

With the individual's permission, family members can often play an important role in the assessment process.

They may help to:

- **Provide additional information**
- **Share observations about daily life**
- **Discuss support currently being provided**
- **Help identify areas where further support may be beneficial**

The individual's views and wishes should always remain central to the conversation.

Common Concerns **About Assessments**

"What if I don't know what support I need?"

That's completely normal. The assessor will guide the conversation and help identify areas where support may be beneficial.

"Will I lose my independence?"

The aim of an assessment is often the opposite. Assessments focus on helping people maintain or increase their independence wherever possible.

"Do I have to accept the support offered?"

Support options should be discussed openly, and individuals should be involved in decisions about their care and support wherever possible.

Questions You **May Want to Ask**

During or after the assessment, you may wish to ask:

- What support options are available?
- How long does the process usually take?
- What happens next?
- Will I be eligible for funding?
- How often will my needs be reviewed?
- Can support change if my needs change in the future?

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We're Here to Help

The assessment process is designed to understand your needs, not judge your circumstances. Being honest about the support you need helps ensure you receive the right guidance and access to the services that can make a positive difference.

Whether you're exploring support for yourself or a loved one, understanding the assessment process can help you approach it with confidence and know what to expect every step of the way.

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Need advice? Our team is here to answer your questions and help you understand your care and support options.