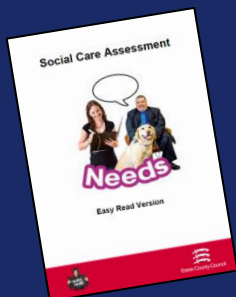


# Getting ready for your Assessment

An EasyRead guide to social care assessments



Essex County Council



**About this booklet**

**1**



**Before you are assessed**

**2**



**About your social care assessment**

**3**



**Getting ready for your assessment**

**5**



**During your assessment**

**7**



**After your assessment**

**17**



**How to contact us**

**21**

# About this booklet



Essex County Council wrote this booklet.

It tells you all about **social care assessments**.

A **social care assessment** is a way for us to find out what support you need from the council.

This booklet will help you to think about:

- the type of care or support you need
- your goals or the things you want to do
- any questions you want to ask.

## Before you are assessed



Most people get support from family and friends. We recognise that some people do not want or need social care services.



Before you have an **assessment** your social care worker will talk to you about what you can do by yourself.

**Assessment** is explained on Page 3



The social care worker will also talk to you about what help you already get and where you can find help in your community.



Sometimes you need some extra help for a short time, for example after a stay in hospital. Your social care worker will talk to you about what you need until you can look after yourself again.



You will only have a full social care assessment if you need ongoing support.

# About your social care assessment



An assessment is a conversation between you and a social care worker.

An assessment will help you:

- to think about the things you want to do
- to think about what you can do on your own
- to think about the things that you need help with.





An assessment will help the social care worker:

- find out more about you



- understand the support you need



- think about how we can help you



- the social care worker will write this down and use it to help write a plan for your care.



We will not share your information with anyone else unless you say we can.

During your assessment we will ask you to sign a form to say we can share your information.



# Getting ready for your social care assessment



## Planning

Think about:

- if you want a friend or family member to be at your assessment



- where you would like the assessment to take place



- the most important things you need help with



- your One Page Profile. If you have one, you could give this to the social care worker before your assessment.





- anything else you want to say at your assessment



Communicate

## Communication

Do you need help to say the things you want to say?

- do you need an interpreter or sign language interpreter?



- do you need a communication aid?

(something to help you say what you want to say in the meeting)



- do you need someone else to help you?



If you say yes to any of these questions, please tell us before your assessment.



## During your social care assessment



During your assessment the social care worker may ask you the following:

- about your family, people you live with and other important people



- who cares for you? This may include your children.



- what support do you already get?



- do you have any health problems or pain?



- do you have a disability?



- Can you get to the doctor, hospital or other appointments by yourself?



- Do you have any other health support?



- Do you have any special aids to help you, like a bed or chair or hoists?



- How do you feel about yourself?



- How well do you sleep?



- Do you feel stressed?



- Are you worried or sad about anything?



- Can you talk to someone when you are worried or sad?



- Do you remember things that are important?



- Are you worried about your mental health?



- Are you taking any medicines?



- Can you take your medicines at the right time?



- Do you know why you take your medicines?



- Can you take your medicines by yourself?



- Can you look after your home?



- Can do things like cooking, cleaning and washing?



- Can you go out by yourself?



- Can you get dressed, wash, shave, clean your teeth by yourself?



- Does it take a long time?
- Does it make you tired?
- Does it hurt?





- Do you need help to eat or drink?



- Do you have any hobbies?
- Can you do the things you enjoy?



- Have you stopped doing some things?



- Can you keep in touch with your friends?



- Have you been bullied or treated unfairly?



- Can you move around your home?



- Do you need help to move around?



- Can you get out of bed, out of a chair or off the toilet?



- Do you need any special equipment to help you?



- Is your home safe?



- Is your home secure? (people can only come in if you want them to)



- Can you use transport?



- Do you need help with your money?



- Does someone look after your money for you?



- Do you get any benefits or other money to help you?



- Do you want to know more about benefits?



- Do you work or are you training to work?



- Do you want to work?



- Have you stopped work? Do you work less now?



- Do you need support to find work or training?



- What happens if the people who usually support are not able to?



- Have you got a plan to help you in an emergency?



## After your assessment



The [Care Act](#) tells councils the rules about who can get services.



We will use the information from your assessment to decide if we can give you services.



Your social care worker will write to you to tell you what we have decided.



If we cannot give you services, we will tell you where you may be able to get support.





If we can give you services this might be:

- Support arranged by a care manager
- A **Personal Budget** so that you can buy your own care
- Special equipment or changes to your home
- Support for your carers
- Care in a home if you are not safe in your own home



If you are not happy with what we decide you can ask us to look again at your assessment.



When we know what care and support you need, we will look at how much money you have.



A **financial assessment** will tell us if you will need to pay all or something towards your services.



If we decide you must pay towards your care, your social worker will tell you where you can get advice.



If we agree to give you services, you will need to write a support plan.

You can get help from a family member or friend.



Your plan will say what services you will get and when you will get them.

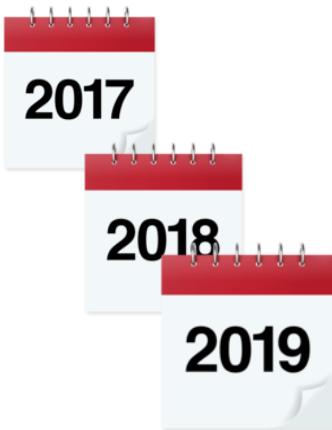


**6 - 8 weeks**

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

After your plan is agreed we will check how things are going 6 to 8 weeks later.

This is called a **Review**



We will then look at your plan with you every year, unless you tell us something has changed.



If something changes you must tell us.

You can speak to the social care worker who carried out your assessment. Or you can telephone **Essex Social Care Direct** on **0345 603 7630**.



## How to contact us



To find out more about our services visit our website [www.essex.gov.uk](http://www.essex.gov.uk)



To ask for an assessment please telephone [Essex Social Care Direct](tel:03456037630) on [0345 603 7630](tel:03456037630).



You can write to us at:

Essex County Council  
County Hall  
Market Road  
Chelmsford  
CM1 1QH



You can email us at:

[SocialCareDirect@essexcc.gov.uk](mailto:SocialCareDirect@essexcc.gov.uk)