Online Self-Assessment Help Sheet



A **social care assessment** helps decide whether adults who have an illness or disability need help.



You can complete the assessment online, or you can call Staffordshire Cares who will help you on:
0300 1118010



To get support, your needs must have a big impact on you. If you qualify, you will get a plan that will show what support you need.

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Every 12 months, or sooner if things change, we will make sure that your plan still meets your needs.



If you don't qualify for help, you can still get information on other support available and you can contact us again if things change.



The assessment is free, but care and support might not be.
What you need to pay will be worked out using things like your income and savings.

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Guidance



Here are things to think about when you fill in each section.

You don't need to tell us about everything we've listed, just the things that matter to you.



Section 1: Personal Details

This section asks about personal details, like who is completing the assessment and emergency contacts.



Section 2: Tell us about you

You will answer questions about your daily life to help us decide if you need support.

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Section 3: This section is in 4 parts.

Section 3a: Living Well at Home

Washing yourself

Tell us what you do to keep clean.



This could include:

- Having a bath or shower
- Brushing your teeth and hair
- Shaving



Think about:

Whether you have a seat or rails to hold onto when you are in the shower and whether you can wash and dry yourself safely.

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Taking care of how you look



Looking after your clothes, hair and nails can make you look and feel nice.



Tell us about things you do to look nice:



This could include:

- Washing and drying your clothes.
- Looking after your hair and nails.

Make sure you tell us how easy it is for you do these things.

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Using the Toilet



Tell us about how easily it is for you to use the toilet.

This could include things like:

- Whether you can get to the bathroom in time and use the toilet on your own.
- Whether someone needs to remind you to go to the toilet.
- Whether you wear pads in your pants in case you don't get to the toilet in time.
- Whether you have a rail to help you get on or off the toilet.

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Contingency Plans

This means what you would do if you had an emergency at home.



Tell us about things like:

- Who has keys to your house.
- Where your pets would stay if you needed to go into hospital.



There are also some questions about being deaf or blind.

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Section 3b: Eating and drinking



Tell us about:

- How many meals and drinks you have each day.
- Whether you like to snack or have a big meal.



Food Shopping

To plan your food shopping, tell us whether:

- you look in your fridge and cupboards to see what you need.



- you write a list.
- you go to the shops or order your food online.
- someone else helps you with your food shopping.

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Making your meals



Think about your meals and tell us about things like:

- How easy it is for you to make your own meals.
- Whether someone else helps you get your meals ready.
- Let us know if you have meals delivered to you ready to eat.



- Let us know if you use a microwave to heat your food, and how safe you feel doing this.

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Enjoying your food



It is important to enjoy your food.

Tell us about things like:

- Whether someone reminds you to eat or drink.
- Whether you can sit at a table to eat.



- Tell us what you think might make eating easier for you and how easy you find using knives and forks or holding a cup.
- Let us know if you have any health conditions that make it difficult for you to eat.

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Section 3c: Staying safe at home.

In this section, tell us about how you keep your home safe.

When you go out

Here you could include:



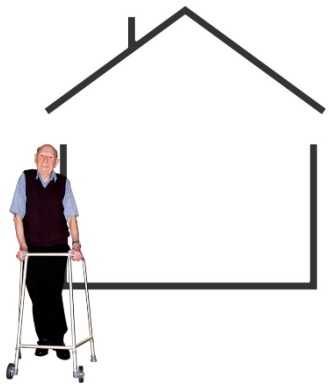
- Locking the doors, and how easy it is for you to open the door when you get home.



- Closing all the windows before you go out.

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Getting around your house

Tell us how easy it is for you to get around your home safely.



- Let us know if you can get in and out of bed by yourself.



- Tell us if you have things to make life easier like a walking stick or special bed.



- Tell us if you have a stair lift or ramps in your home to make it easier for you.

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Home Appliances



Tell us if you use things like ovens and kettles in your home and if you can use them without hurting yourself.

Cleaning



Keeping your home clean and tidy can make you feel happier and helps to stop you tripping over things.

Tell us about what you do to keep your house clean and tidy.

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Section 3d: Getting out and about.



Tell us about:

- Whether you go to the shops and appointments by yourself.
- Any local activities that you enjoy.
- Whether someone helps you when you leave your home.

Being part of the community

It makes us feel good to be part of a community.



- You might want to go to work or study at college.
- If this sounds good, there are lots of ways to join in.
- Tell us whether you know where to look to find out how to do these things.

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Work or College

This section is about getting to work or college safely.

There are lots of ways to travel when you go out:





- walking
- Cycling
- catching the bus
- taking a taxi

Tell us if you need help to do your job or to take part in education.

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Section 4: Health and Wellbeing



Relationships

- Tell us whether you meet up with family and friends.



- Phones and computers can help you keep in touch with your friends. Let us know if you can you use things like this.

Looking after someone else



Tell us if you help look after someone else.

If you do, make sure you tell us how you feel about doing this and whether it is difficult for you

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Your Health



It is important that you tell us about any long-term illnesses or conditions that you have.

Tell us how these things affect you every day and whether they stop you doing things you enjoy.

Section 5: Your Money



This section asks about how you look after your money, pay bills, and save.

It also asks if you have anyone who helps you look after your money.

Section 6: Additional Information

This is the last section and is for you to tell us anything else that you want us to know.

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