Social Care Assessment



A **social care assessment** is for people over 18 who may need help due to illness, disability, or life changes.

How to prepare:

Think about your daily life and things that are difficult for you.





This could be things like:

- brushing your teeth
- getting dressed
- having a wash
- preparing meals

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During the assessment



A professional like a Social Worker will talk to you.

They will ask you about your life, what you can do for yourself, and where you may need help. They will see if you can get support from Adult Social Care.



The assessment can be by phone or face-to-face.



You can also complete the assessment online.

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You can have someone like a family member or friend with you during the assessment.

We will look at what support you can get from your family and friends then decide whether you need extra help.



With your consent, we might talk to family, friends, and professionals like your GP.



We ask personal questions so that we can give you the right help and advice. Our privacy notice says how we will use your information and keep it safe.

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After the assessment



If you qualify for help, we will create a plan that will show what support you need.



We will talk to you again in about 12 months to check if your plan is working well.



If you do not qualify for help, we can give you information on what support might be available to you.

Will I have to pay?



The assessment is free, but you might need to pay for care. We will ask about your money and explain any costs to you.

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