

WELLBEING SELF ASSESSMENT

REAL CARE



TOOLKIT

HOW IT WORKS

Doing your own assessment of your needs is the first step to making sure you have the influence that you should have over what the Council offers you. It is also how the Care Act (2014) says things should be done.

It is more than just knowing what you want.

It's knowing why you need it and showing why it's important to your wellbeing.

It is just as important to do this if you are new to the system or if you already have a support plan that's being reviewed.

There are two parts that need to be written down;



YOUR STORY

This is where you write your story about why you need care and support from your council.

This part acts as an overall summary of who you are and your circumstances and goes alongside the more detailed breakdown of your wellbeing needs.



YOUR WELLBEING NEEDS

This is where you think through and write down *all* your needs that have to be met for you have the best *wellbeing* possible in your circumstances.

The Care Act sets out 9 areas of wellbeing.

People often don't talk about some because they think the authorities won't be interested. But they may be the things that make the biggest difference for you.

It is good to work through your self-assessment with family or friends if you can.

1. YOUR STORY

Write down as much as possible about why you need care and support from your council, including your current circumstances.

2. YOUR WELLBEING NEEDS

Use the following form to think through and make a note of *everything* that affects your wellbeing.

The numbered sections are each of the **9 areas of wellbeing** from the Care Act. These are the areas your council must take into account when they identify your needs.

We have included some guide questions under each heading that might be useful to help you think about your specific needs.

The tables under each section are where you can write down

- each specific **need** you are facing and why it is important to you,
- then how you want things to change, which is the **outcome**.
- Finally, in the last column, you can write what needs to happen in order to achieve change, which is the **action**.

You may have needs that fit into more than one section. If that is the case, write it in each of those sections.

It's good to include all your needs so you have the complete picture, so write down everything that you can think of, even if it might not seem relevant.

TIP!

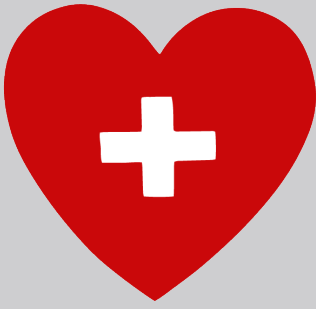
It's good to talk to friends and family about your wellbeing self assessment, as they might have some valuable input.



1. PERSONAL DIGNITY (Including your treatment with respect)

- Do you feel respected?
- Do you feel your life and the way people treat you gives you the dignity you need?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



2. (A) PHYSICAL HEALTH

This includes all your daily living needs met, such as having meals, being able to wash, dress, use the toilet etc.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



2. (B) MENTAL HEALTH AND EMOTIONAL WELL-BEING

This is about having a life where you feel fulfilled, being able to do the things that matter to you.

- Are you lonely?
- Are you worried?
- Are you overwhelmed?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



3. PROTECTION FROM ABUSE AND NEGLECT

- Do you feel safe?
- Do you trust those around you?

This could be about your physical safety, but also emotional and financial matters.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



**4. CONTROL OVER DAY-TO-DAY LIFE.
(Including over care and support, or
support provided to the individual and
the way in which it is provided)**

- Is it you makes all the decisions, big and small, that are important to you?
- Do people who provide you care and support carry it out in the way you want?
- Do you feel listened to?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



5. PARTICIPATION IN WORK, EDUCATION, TRAINING OR RECREATION

- If work is possible for you, what needs to happen to make it happen?
- Similarly for education and training. Are there leisure activities you would like to do but cannot?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



6. SOCIAL AND ECONOMIC WELLBEING

- Do you have, at the least, all the money to live on that the national system makes available?
- Do you know what benefits you are entitled to?
- Are you confident you receive all the benefits you should?

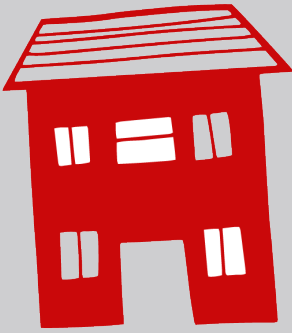
The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



7. DOMESTIC, FAMILY AND PERSONAL RELATIONSHIPS

- Are your relationships affected by your impairment, for example by being unable to see people important to you?
- Do you see friends and family as much as you would like and under the circumstances you would like?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)

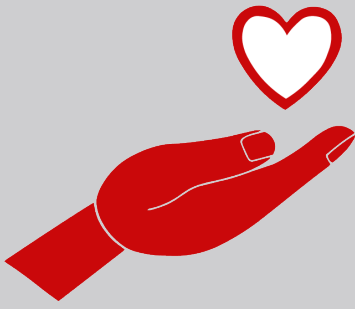


8. SUITABILITY OF LIVING ACCOMMODATION

- Is the place you live in right for you?
- Is the place you live in adapted to your needs?
- Is the place you live in suitable in terms of space?

Suitability is more than just having a place to exist but, along with emotional wellbeing, must be the place that feels like home.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)



9. YOUR CONTRIBUTION TO SOCIETY

- Are you involved in community activities as much as you would like?
This might include being able to get around your community, attend church, volunteer or campaign.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)

ANYTHING ELSE?

Write down anything else that you think is important to note about your wellbeing.

CASE EXAMPLE

1. YOUR STORY

Write down as much as possible about why you need care and support from your council, including your current circumstances.

I am Mrs M's son. I am writing this as my mother's advocate under the Care Act as she is not able to carry out her own self assessment due to dementia.

My mother is now in her nineties. Her physical health has been deteriorating for some time - the frailty of old age mostly - and has been receiving home care from the council to help with personal care. I live nearby and have been able to keep up with the housework.

The situation has got more difficult as she developed dementia a while ago. That has now advanced. The four visits a day are no longer enough. She needs full time care - both myself and the care agency agree.

The social worker has suggested residential care. However, that will not meet my mother's wellbeing needs. Indeed, the opposite would be the case. It would devastate her.

2. YOUR WELLBEING NEEDS

1. PERSONAL DIGNITY (Including your treatment with respect)

- Do you feel respected?
- Do you feel your life and the way people treat you gives you the dignity you need?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)
My mother's sense of dignity is hugely important to her.	For the care and support she needs to be carried out in a way that respects her dignity.	The care workers have to carry out their work in a way that leaves mother feeling fully respected.

2. (A) PHYSICAL HEALTH

This includes all your daily living needs met, such as having meals, being able to wash, dress, use the toilet etc.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)
The combination of my mother's frailty and dementia mean she cannot carry out any self care tasks. She can also be a danger to herself.	To get through every day safely.	24/7 care and support.

2. (B) MENTAL HEALTH AND EMOTIONAL WELL-BEING

This is about having a life where you feel fulfilled, being able to do the things that matter to you.

- Are you lonely?
- Are you worried?
- Are you overwhelmed?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)
Her home has always been the most important thing for my mother. Its where she raised her family. If she was taken from it, it would devastate her - even given her dementia.	To remain at home.	Live in carer.

4. CONTROL OVER DAY-TO-DAY LIFE. (Including over care and support, or support provided to the individual and the way in which it is provided)

- Is it you makes all the decisions, big and small, that are important to you?
- Do people who provide you care and support carry it out in the way you want?
- Do you feel listened to?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)
Being in control of what is happening to her and around her is key to my mother's wellbeing, despite her dementia.	For care to be carried out in ways that leave my mother feeling she is in control	Care workers must be able to find and respond to my mother's wishes in everything they do

6. SOCIAL AND ECONOMIC WELLBEING

- Do you have, at the least, all the money to live on that the national system makes available?
- Do you know what benefits you are entitled to?
- Are you confident you receive all the benefits you should?

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)
Mother is not able to take care of anything to do with finances. I have power of attorney.	For all financial matters to be managed smoothly.	It's my responsibility.

8. SUITABILITY OF LIVING ACCOMMODATION

- Is the place you live in right for you?
- Is the place you live in adapted to your needs?
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Suitability is more than just having a place to exist but, along with emotional wellbeing, must be the place that feels like home.

The issue & why is it important (the need)	How you want things to be different (the outcome)	What needs to happen to achieve this (the action)
Her home has always been the most important thing for my mother. Its where she raised her family. If she was taken from it, it would devastate her - even given her dementia.	To remain at home.	Live in carer.