

# 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.

Think about the **9 areas of wellbeing** from the Care Act. These are the areas your council must take into account when they identify your needs. They are listed below. Refer back to them when you are filling out the table on the next page where you can write down your needs as follows;

1. The **issue** you are facing and why it is important to you.
2. The **impact on the Care Act wellbeing areas**. State which areas are effected and how.
3. The **outcome** you would like. This is how you would like things to change, or stay the same if things are getting worse for you.
4. Finally, in the last column, you can write what needs to happen in order to achieve the outcome, which is the **service required**.

**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.**

### CARE ACT 9 AREAS OF WELLBEING

1. Personal dignity (including treatment of the individual with respect)
2. Physical and mental health and emotional well-being
3. Protection from abuse and neglect
4. Control by the individual over day-to-day life (including over care and support, or support, provided to the individual and the way in which it is provided)
5. Participation in work, education, training or recreation
6. Social and economic well-being
7. Domestic, family and personal relationships
8. Suitability of living accommodation
9. The individual's contribution to society.

**The issue you are facing and why it is important to you**

**Impact on Care Act wellbeing areas (see list on previous page)**

**The outcome you would like**

**Service Required (in order to the achieve the outcome)**

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# ANYTHING ELSE?

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