



THE CARE ACT 2014 AREAS OF WELLBEING

The Care Act (2014) sets out 9 areas of wellbeing. The Campaign for Real Care's **REAL CARE TOOLKIT** includes '**WELLBEING' SELF & CARERS ASSESSMENTS**, which use these areas as their central focus, helping you to assess your own needs, instead of having to tick council eligibility boxes.



YOUR PERSONAL DIGNITY
Including your treatment with respect



YOUR PHYSICAL AND MENTAL HEALTH & YOUR EMOTIONAL WELLBEING



PROTECTION FROM ABUSE AND NEGLECT



HAVING CONTROL OF YOUR DAY TO DAY LIFE
Including over your care and the way in which it is provided



YOUR PARTICIPATION IN WORK, EDUCATION, TRAINING OR RECREATION



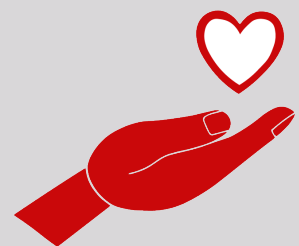
YOUR SOCIAL AND ECONOMIC WELLBEING



YOUR DOMESTIC, FAMILY AND PERSONAL RELATIONSHIPS



THE SUITABILITY OF YOUR LIVING ACCOMMODATION



YOUR CONTRIBUTION TO SOCIETY