My Care Act Assessment

This booklet will help you to know what to expect and how you can get ready.
Your assessment

An assessment is a conversation all about you and how you may need some help.

We can come to your house, or speak with you on the telephone, you or you can come to our office.
Assessments last between 30 minutes and 2 hours.

You can have a family member, friend or carer with you.
Make some notes before your assessment

About me: ............................................................................................................................................
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My life story so far: ............................................................................................................................
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What’s important to me: ......................................................................................................................
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My health and wellbeing: ....................................................................................................................
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My friends and family and community: .............................................................................................
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What I want to get out of life: ..............................................................................................................
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Things I enjoy doing: ............................................................................................................................
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Things I need help with: ......................................................................................................................
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During your assessment

We will talk about the things that are important to you

How friends and family could help more

How your community could help more

If you need more help managing at home
What we agreed at your assessment
After your assessment

We will make a plan together of what will happen next

We will telephone you or visit you to see how you are getting on
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