



Doing your own Care and Support Assessment

A Care and Support Assessment is carried out to determine whether someone is eligible for support from the council. We assess people who have an illness or who have disabilities and may benefit from care and support. You have been offered a care and support assessment.

What does an assessment involve?

You will be asked a series of questions in order to understand:

- How your needs impact on your daily life, your wellbeing and on your ability to achieve your goals
- Your situation and what you can do to reduce or delay the need for social care support
- How you manage throughout the day, for example with practical tasks such as washing, dressing and getting around your home
- Your strengths and the things you enjoy, as well as areas of your life that may be difficult for you – this will include your cultural or spiritual needs
- Whether you are able to see or speak to family and friends
- Your health
- What you would like to be able to achieve – your goals in life

We must ensure that the process is appropriate to you, is flexible and allows you to be involved. Some people decide to do their own assessment; this is called a supported self-assessment.

Why would I want to do a Supported Self-Assessment?

This is the best type of assessment if you understand your needs and are able to express this yourself. Doing your own Care and Support Assessment means you can fill it in at your own pace and have more time to think about your needs and how your illness or disability impacts on your wellbeing.

What does doing my own Care and Support Assessment involve?

If you decide to do a supported self-assessment, you will be given a form to complete about your needs and circumstances. You will also talk with your social care worker and:

- Agree with your social care worker dates to complete your Care and Support Assessment
- Agree whether to write your Care and Support Assessment on a digital copy (emailed to you) or a physical copy (sent via post)
- Decide when to talk through the finished Care and Support Assessment (either over the phone or face-to-face)
- Discuss who could help you during the process if you wish e.g. family, friends etc.
- Discuss who to contact for additional help if you need any whilst writing your assessment

I want to do my own Care and Support Assessment – what next?

Your social care worker will give you the form you need and you can then complete as much of your assessment as you wish.

Together you will decide on a date to discuss your Care and Support Assessment. The social care worker will check the assessment and support you to complete any remaining sections you haven't completed (if any). They may need to speak to other people (e.g. your GP and/or carer) to help to check the information.

Your social care worker will then make a decision on whether you are eligible for support. You will have the opportunity to comment and give your opinion on the decision reached.

If you are eligible for support your social care worker will discuss with you completing a care and support plan. This is the agreement of how your needs will be met.

Regardless of the decision made, you will be given a copy of your care and support assessment and will be provided with information and advice to help you meet or reduce your needs and prevent or delay the development of needs in the future.

What does it mean to be eligible for care and support?

Eligibility determinations are made under the national guidelines set out in the Care Act 2014. In order for your needs to be eligible, your needs must arise from or be related to a physical or mental impairment or illness. As a result, you are unable to achieve two or more of these ten outcomes:

- Managing and maintaining nutrition
- Maintaining personal hygiene
- Managing toilet needs
- Being appropriately clothed
- Being able to make use of the home safely

- Maintaining a habitable home environment
- Developing and maintaining family or other personal relationships
- Accessing and engaging in work, training, education or volunteering
- Making use of necessary facilities or services in the local community including public transport and recreational facilities or services
- Carrying out any caring responsibilities you have for a child

If you are found to be unable to achieve two or more of these outcomes and, as a consequence, there is (or is likely to be) a significant impact on your wellbeing, you will be eligible for care and support.

Mental Capacity

Mental capacity is the ability to make your own decisions. Your social care worker may need to assess whether you have mental capacity to fully assess and reflect on your own needs. They will talk to you and your family/friends about this. After this process, you can then decide with your social worker if you want to do some or all of your assessment on your own.

Contact information:

If you have further questions or you want to make a complaint, you can:

Speak to a member of staff

Telephone Customer Services:
0300 500 80 80

Visit our website:
www.nottinghamshire.gov.uk

Email us with any enquires you may have:
enquiries@nottsc.gov.uk

Email us with any complaints you may have:
complaints@nottsc.gov.uk

The Council is committed to protecting your privacy and ensuring all personal information is kept confidential and safe. For more details see our general and service specific privacy notices at:

<https://www.nottinghamshire.gov.uk/global-content/privacy>