



What is a needs assessment?

What is an assessment?

An assessment is a way of finding out if you need care and support to help you live your day-to-day life. It helps us to get an idea of the things that you enjoy, the skills that you have and if you need any care and support to do the things that you want to do.

The assessment gives us information which helps us to see if you are eligible for any support from the council or if there are things that we can help you to find locally.

How do I get ready for my assessment?

It's a good idea to have a think about different things in your life before your assessment so that you can tell us as much information as possible to help.

Some things to think about are:

- What is working well for you and why
- What things you enjoy or would like to do
- What could help to improve your wellbeing and help you to do things you enjoy? For example, do you need somebody to help you get ready to go out, some equipment to help you move around or information about local activities you might like to join.

We have another factsheet with ideas of things to think about and places to make notes before your assessment which might be useful. Factsheet: Getting ready for your assessment

Who will be involved in my assessment?

One of our Trusted Assessors will complete the assessment with you. A Trusted Assessor works for a local charity in our partnership and has been specially trained to complete assessments.

You may also want to have a family member, friend or other trusted person with you too. The Trusted Assessor will speak to other professionals who may know you, such as a district nurse or support worker, if it would help to give them more information.

What will my assessment include?

The assessment is a conversation about your wellbeing and how you live your day to day life. We'll talk about 10 different areas with you to establish whether you have eligible needs and goals that are currently not being achieved.

These include:

- managing and maintaining nutrition



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- maintaining personal hygiene
- managing toilet needs
- being appropriately clothed
- maintaining a habitable home environment
- being able to make use of the home safely
- developing and maintaining family or other 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 may have for a child

We'll talk about these areas; what you can do and enjoy, what barriers you face and also any health or safety worries you may have.

We'll also find out what support you have in place from other people around you which help you to achieve the things you want to do.

How is a decision made on whether I'm eligible for support?

There are three stages to determining your eligibility for care and support, which are nationally set:

1. Are your needs due to a physical or mental impairment or illness?
2. As a result of your needs, do you need support in at least two of the areas above
3. Because of the support that you need, is there an impact on your wellbeing (such as your physical health, relationships, keeping safe or being able to be part of the community)

We will use all the information from our conversation with you and your assessment to decide whether there is or is likely to be a significant impact on your wellbeing. If we feel that you are eligible then we will help you look at the care and support that you need to achieve your goals.

What happens if I'm a carer?

If you care for somebody you have the right to a Carers Assessment which is done in a similar way but has different eligibility. You can talk to us or find more information at www.bexleycarers.co.uk

I'd like an assessment, what happens next?

Please get in touch:

- You can complete an online referral at www.onebexley.co.uk
- You can call us on 020 4530 6580
- You can email us at onebexleypathways@bvsc.co.uk