

Self-appraisal for adult social care needs

This is for private use and will only be read by staff if you choose to submit it to the County Council Adults' CarePoint. This appraisal is not about money – it has been designed to help people think about their personal circumstances in a structured way before looking for care and support. It can be saved for self-service or may be submitted to the County Council for a supported assessment, information and advice. It can be completed on line or printed to fill in manually.

Personal information

Name:

Date of Birth:

Address:

Contact telephone number:

Email address:

Have you had help to complete this form? Y/N
If yes, please make a note of the person who has helped you:

Name:

Role:

Organisation (if relevant):

Please make a brief statement about you as a person - your interests and hobbies, what you are good at, and who or what is most important to you in your daily life:

Please make a brief statement about your health, disabilities and any medication you are taking:

When completing the self-assessment it can be helpful to think about how things currently work before you think about what needs to change (often small changes like a new piece of equipment or help to find and join a local group, can make a big difference to people's quality of life, rather than making big changes which need time to adjust to). At any time when thinking about your situation you may wish to use the website to help you find out more about your options: www.westsussexconnecttosupport.org

The form is divided into areas of daily living and outcomes to be achieved. Please consider and note any difficulties you have; and focus on what is relevant to your situation - you should note if you need physical assistance or just reminding or encouraging. Some help may just be needed occasionally – if so make a note of about how often, such as weekly, monthly, twice a year. You also need to think about how these difficulties are impacting on your sense of wellbeing.

Outcome 1: Maintaining personal hygiene such as washing and grooming

What best describes your current situation:

- I can achieve this outcome on my own
- I can achieve this outcome with current support
- I cannot achieve this outcome with current support

If you can currently achieve this outcome, please go to the next section, if not please complete the following:

Your strengths

What personal strengths, equipment or support network already helps you meet this outcome?

Your difficulties

What difficulties are you facing and what would you like to change?

Your sense of wellbeing

Does not achieving this outcome impact on your sense of wellbeing in any of these areas?

| | |
|---|-----|
| Your personal dignity, including being treated with respect | Y/N |
| Your physical and mental health including emotional wellbeing | Y/N |
| Protecting yourself from abuse or neglect | Y/N |
| Control over your day-to-day life | Y/N |
| Being able to work or take part in education, training and recreation | Y/N |
| Having social and economic wellbeing | Y/N |
| Your domestic family and personal relationships | Y/N |
| The suitability of your living accommodation | Y/N |
| Feeling that you are able to contribute to your community | Y/N |

Outcome 2: Managing toilet needs during the day and night

What best describes your current situation:

- I can achieve this outcome on my own
- I can achieve this outcome with current support
- I cannot achieve this outcome with current support

If you can currently achieve this outcome, please go to the next section, if not please complete the following:

Your strengths

What personal strengths, equipment or support network already helps you meet this outcome?

Your difficulties

What difficulties are you facing and what would you like to change?

Your sense of wellbeing

Does not achieving this outcome impact on your sense of wellbeing in any of these areas?

| | |
|---|-----|
| Your personal dignity, including being treated with respect | Y/N |
| Your physical and mental health including emotional wellbeing | Y/N |
| Protecting yourself from abuse or neglect | Y/N |
| Control over your day-to-day life | Y/N |
| Being able to work or take part in education, training and recreation | Y/N |
| Having social and economic wellbeing | Y/N |
| Your domestic family and personal relationships | Y/N |
| The suitability of your living accommodation | Y/N |
| Feeling that you are able to contribute to your community | Y/N |

Outcome 3: Being appropriately clothed such as wearing clean clothes to suit the weather and different activities.

What best describes your current situation:

- I can achieve this outcome on my own
- I can achieve this outcome with current support
- I cannot achieve this outcome with current support

If you can currently achieve this outcome, please go to the next section, if not please complete the following:

Your strengths

What personal strengths, equipment or support network already helps you meet this outcome?

Your difficulties

What difficulties are you facing and what would you like to change?

Your sense of wellbeing

Does not achieving this outcome impact on your sense of wellbeing in any of these areas?

| | |
|---|-----|
| Your personal dignity, including being treated with respect | Y/N |
| Your physical and mental health including emotional wellbeing | Y/N |
| Protecting yourself from abuse or neglect | Y/N |
| Control over your day-to-day life | Y/N |
| Being able to work or take part in education, training and recreation | Y/N |
| Having social and economic wellbeing | Y/N |
| Your domestic family and personal relationships | Y/N |
| The suitability of your living accommodation | Y/N |
| Feeling that you are able to contribute to your community | Y/N |

Outcome 4: Maintaining a habitable home environment such as household duties shopping, cleaning, laundry, changing bed linen; maintaining a good state of repair; and managing personal and household finances.

What best describes your current situation :

- I can achieve this outcome on my own
- I can achieve this outcome with current support
- I cannot achieve this outcome with current support

If you can currently achieve this outcome, please go to the next section, if not please complete the following:

Your strengths

What personal strengths, equipment or support network already helps you meet this outcome?

Your difficulties

What difficulties are you facing and what would you like to change?

Your sense of wellbeing

Does not achieving this outcome impact on your sense of wellbeing in any of these area?

| | |
|---|-----|
| Your personal dignity, including being treated with respect | Y/N |
| Your physical and mental health including emotional wellbeing | Y/N |
| Protecting yourself from abuse or neglect | Y/N |
| Control over your day-to-day life | Y/N |
| Being able to work or take part in education, training and recreation | Y/N |
| Having social and economic wellbeing | Y/N |
| Your domestic family and personal relationships | Y/N |
| The suitability of your living accommodation | Y/N |
| Feeling that you are able to contribute to your community | Y/N |

Outcome 5: Able to use your home safely such as managing steps, getting in and out of bed, chair or doorways, using the kitchen and bathroom appropriately.

What best describes your current situation:

- I can achieve this outcome on my own
- I can achieve this outcome with current support
- I cannot achieve this outcome with current support

If you can currently achieve this outcome, please go to the next section, if not please complete the following:

Your strengths

What personal strengths, equipment or support network already helps you meet this outcome?

Your difficulties

What difficulties are you facing and what would you like to change?

Your sense of wellbeing

Does not achieving this outcome impact on your sense of wellbeing in any of these areas?

| | |
|---|-----|
| Your personal dignity, including being treated with respect | Y/N |
| Your physical and mental health including emotional wellbeing | Y/N |
| Protecting yourself from abuse or neglect | Y/N |
| Control over your day-to-day life | Y/N |
| Being able to work or take part in education, training and recreation | Y/N |
| Having social and economic wellbeing | Y/N |
| Your domestic family and personal relationships | Y/N |
| The suitability of your living accommodation | Y/N |
| Feeling that you are able to contribute to your community | Y/N |

Outcome 6: Developing and maintaining family and personal relationships such as being able to communicate with people you know and new people; being understood and understanding others; being able to socialise. You may need assistance due to language, environment, illness or impairment.

What best describes your current situation:

- I can achieve this outcome on my own
- I can achieve this outcome with current support
- I cannot achieve this outcome with current support

If you can currently achieve this outcome, please go to the next section, if not please complete the following:

Your strengths

What personal strengths, equipment or support network already helps you meet this outcome?

Your difficulties

What difficulties are you facing and what would you like to change?

Your sense of wellbeing

Does not achieving this outcome impact on your sense of wellbeing in any of these areas?

| | |
|---|-----|
| Your personal dignity, including being treated with respect | Y/N |
| Your physical and mental health including emotional wellbeing | Y/N |
| Protecting yourself from abuse or neglect | Y/N |
| Control over your day-to-day life | Y/N |
| Being able to work or take part in education, training and recreation | Y/N |
| Having social and economic wellbeing | Y/N |
| Your domestic family and personal relationships | Y/N |
| The suitability of your living accommodation | Y/N |
| Feeling that you are able to contribute to your community | Y/N |

Outcome 7: Accessing work, training, education or volunteering – keeping busy and actively involved at a level to suit your personal circumstances

What best describes your current situation

- I can achieve this outcome on my own
- I can achieve this outcome with current support
- I cannot achieve this outcome with current support

If you can currently achieve this outcome, please go to the next section, if not please complete the following:

Your strengths

What personal strengths, equipment or support network already helps you meet this outcome?

Your difficulties

What difficulties are you facing and what would you like to change?

Your sense of wellbeing

Does not achieving this outcome impact on your sense of wellbeing in any of these areas?

| | |
|---|-----|
| Your personal dignity, including being treated with respect | Y/N |
| Your physical and mental health including emotional wellbeing | Y/N |
| Protecting yourself from abuse or neglect | Y/N |
| Control over your day-to-day life | Y/N |
| Being able to work or take part in education, training and recreation | Y/N |
| Having social and economic wellbeing | Y/N |
| Your domestic family and personal relationships | Y/N |
| The suitability of your living accommodation | Y/N |
| Feeling that you are able to contribute to your community | Y/N |

Outcome 8: Accessing community facilities – staying in touch with local groups and activities and getting out and about.

What best describes your current situation:

- I can achieve this outcome on my own
- I can achieve this outcome with current support
- I cannot achieve this outcome with current support

If you can currently achieve this outcome, please go to the next section, if not please complete the following:

Your strengths

What personal strengths, equipment or support network already helps you meet this outcome?

Your difficulties

What difficulties are you facing and what would you like to change?

Your sense of wellbeing

Does not achieving this outcome impact on your sense of wellbeing in any of these areas:

| | |
|---|-----|
| Your personal dignity, including being treated with respect | Y/N |
| Your physical and mental health including emotional wellbeing | Y/N |
| Protecting yourself from abuse or neglect | Y/N |
| Control over your day-to-day life | Y/N |
| Being able to work or take part in education, training and recreation | Y/N |
| Having social and economic wellbeing | Y/N |
| Your domestic family and personal relationships | Y/N |
| The suitability of your living accommodation | Y/N |
| Feeling that you are able to contribute to your community | Y/N |

Outcome 9: Carrying out caring responsibilities for a child

What best describes your current situation:

- I can achieve this outcome on my own
- I can achieve this outcome with current support
- I cannot achieve this outcome with current support

If you can currently achieve this outcome, please go to the next section, if not please complete the following:

Your strengths

What personal strengths, equipment or support network already helps you meet this outcome?

Your difficulties

What is your relationship to the child; what difficulties are you facing and what would you like to change?

Relationship to Child:

Your sense of wellbeing

Does not achieving this outcome impact on your sense of wellbeing in any of these areas:

| | |
|---|-----|
| Your personal dignity, including being treated with respect | Y/N |
| Your physical and mental health including emotional wellbeing | Y/N |
| Protecting yourself from abuse or neglect | Y/N |
| Control over your day-to-day life | Y/N |

| | |
|---|-----|
| Being able to work or take part in education, training and recreation | Y/N |
| Having social and economic wellbeing | Y/N |
| Your domestic family and personal relationships | Y/N |
| The suitability of your living accommodation | Y/N |
| Feeling that you are able to contribute to your community | Y/N |

Outcome 10: Managing and maintaining nutrition including meal preparation, meeting dietary requirements, eating and drinking well.

What best describes your current situation:

I can achieve this outcome on my own

I can achieve this outcome with current support

I cannot achieve this outcome with current support

If you can currently achieve this outcome, please go to the next section, if not please complete the following:

Your strengths

What personal strengths, equipment or support network already helps you meet this outcome?

Your difficulties

What difficulties are you facing and what would you like to change?

Your sense of wellbeing

Does not achieving this outcome impact on your sense of wellbeing in any of these areas?

| | |
|---|-----|
| Your personal dignity, including being treated with respect | Y/N |
| Your physical and mental health including emotional wellbeing | Y/N |
| Protecting yourself from abuse or neglect | Y/N |
| Control over your day-to-day life | Y/N |
| Being able to work or take part in education, training and recreation | Y/N |
| Having social and economic wellbeing | Y/N |
| Your domestic family and personal relationships | Y/N |
| The suitability of your living accommodation | Y/N |
| Feeling that you are able to contribute to your community | Y/N |

Are there any other areas of difficulty in your daily living where you have unmet needs, and what are the outcomes you are looking to achieve? Please think about the impact this is having on your feeling of wellbeing.

Completed by:

Date:

Submit on line, or post to:
West Sussex County Council Adults' CarePoint,
Second Floor, The Grange,
County Hall,
Chichester,
West Sussex PO19 1RG.