

# Getting Ready for A Strengths and Needs Assessment



A guide to help you prepare for your meeting



This guide can help you to get ready for a **Strengths and Needs Assessment**.



A Strengths and Needs Assessment is a meeting about your life. It is sometimes called a **Care Act Assessment** or **Care Needs Assessment**.



It helps to understand what you can do and what you find hard.



A social care worker from Newcastle City Council will meet you.



The worker will learn what helps you live well and what you want to do. They will ask what you want to do in your life.



There are no right or wrong answers.



The social care worker's job is to listen to you, respect your views and work with you.



You have the right to be listened to during the assessment.



You can ask what things mean if you don't understand.



You can say if you do not agree with something.



You can ask a family member or friend to join you. If you don't have someone to help, you can ask for an **advocate**.



An advocate helps make sure your voice is heard.



In the assessment, you will talk about your life and say what is important to you.



The guide gives examples of questions you might be asked and what information the worker might want to know.



There is space at the end to write or draw your views and questions to help you in the assessment.

## **Moving around:**



Do you use any equipment to help you walk or get around?

This could be a walking stick, walking frame, hoist or wheelchair.

Have you fallen over in the last 3 months? This could be at home or outside.

Do you need help moving around your home or outside?

## **Medication:**



Do you take tablets or other medicines like liquids, creams, or injections?

Do you remember to take them?

Do you need help or reminders?



## **Washing:**

Can you wash in the bath or shower?

Do you need help with brushing your teeth, washing your hair, or shaving?

Do you use any equipment?



## **Going to the toilet:**

Do you get to the toilet in time?

Do you use pads or other aids?

Do you need any help?



## **Dressing:**

Can you choose your own clothes?

Can you put them on and take them off?

Do you need any help?

## **Food and drink:**



Can you make meals and drinks?

Are your foods and drinks changed to help you eat and drink safely? This could be soft food, blended food, thickened drinks.

Is cooking safe for you?

Do you need any extra equipment or help?

## **Looking after your skin:**



Do you have sore or dry skin?

Do you need help to put cream on?

Does someone come to check your skin?



## **Communicate**

### **Communication:**

Do you use hearing aids or glasses?

Do you use pictures, signs, or communication devices?

Can you use the telephone and read letters?

Do you need any help from other people?

### **Money:**



Can you manage your money safely?

Can you budget your money?

Does someone help you to pay bills?

Are you worried about money?



### **Housework and shopping:**

Can you keep your home clean?

Can you wash your clothes?

Do you go shopping on your own?

Do you need any help?



### **Going out and seeing people:**

Who do you like to spend time with?

Can you use public transport?

Where do you go to?

What would you like to do more of?

## **Feelings and behaviour:**



What makes you feel happy?

Does anything make you feel worried, upset, or angry?

What helps to make you feel better?

## **Sleeping:**



Do you need any help through the night?

Do you need someone to check in on you?

## **Work and education:**



Are you in college or university?

Do you volunteer or work?

Do you want help to access any of these?



## **Looking after children:**

If you are a parent, do you need support to care for your child?

## **Wellbeing:**



What is important for you to be able to do?

How do you feel when you are not able to do these things?



## **Goals:**

What would you like to work towards?

How can we help you to achieve this?



## **Looking after another person:**

This could be a parent, partner, friend or neighbour.

Do you help anyone else?

What kinds of things do you help with?

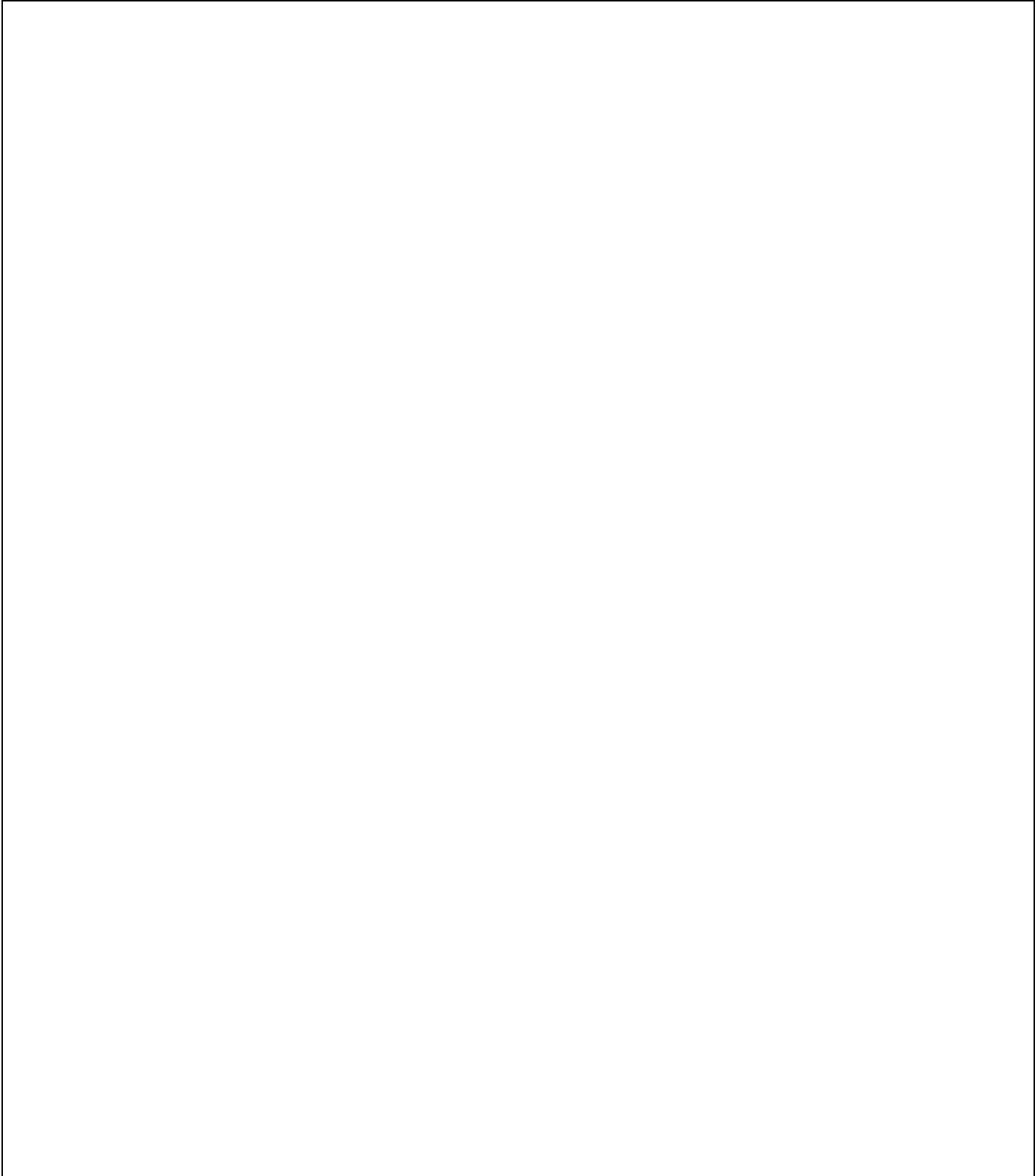
How does this make you feel?



You can use this space in your own way.

You can write or draw any questions or ideas to help you in the assessment.

A large, empty rectangular box with a thin black border, intended for students to write or draw their questions and ideas.



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