

## Fact Sheet No 2

### What is an Initial Care Needs Assessment? How do you get one?

#### An initial Care needs Assessment

Anyone in need of care is entitled to a Free Assessment by a member of the Local Authority's Social Services Team. However these days many Local Authorities do not have enough Social workers to provide this free assessment service promptly (particularly if the individual is likely to have to fund their own care; this is the majority of people). Indeed you may have to wait many weeks before you receive it. However My Care My Home can provide a comprehensive Care Needs Assessment also at no charge to you and moreover this can be arranged at a date to suit you.

The My Care My Home Assessment is not a medical report; rather it an assessment of your needs, abilities and concerns and how you would like these to be met

The advisor will ask you questions about your current lifestyle; activities of daily life that you sometimes find challenging; what help you may receive from a partner or neighbours, relatives and friends. The advisor will ask you about your hopes and fears and whether you have any serious concerns which are affecting your health and wellbeing.

The advisor will invite you to consider:

- The ways in which you might like to receive your care in the future: in your own home or in an Extra Care development/ residential living scheme or in a care home.
- Whether you could benefit from any adaptations to your own home to increase your comfort, security and ease of being cared for.
- What any changes to your home (or move to alternative locations) might cost.
- What help you may be entitled to from the Statutory Organisations, or your Local Council or the NHS towards these costs.
- What other means are open to you to meet some of these costs?

### The outcome of the assessment

The outcome of the assessment is a completed questionnaire (a blank copy of which is enclosed) on which you and your advisor have together recorded what you need by way of care and any changes in or adaptations to your accommodation. You retain a copy of this and My Care My Home also retains a copy, which, with your permission, we will copy to Legal, financial, Insurance or other advisors. You may later wish to involve these advisors in providing you with any of the support services available.

### A measured assessment of the number of Care hours you need

In addition to the Free Assessment described above, My Care My Home can also provide you with a measured assessment of the number of care hours you need each week.

My Care My Home has developed and calibrated a measurement system which, on the basis of the answers you give to a series of questions our Care Advisor will ask you, will enable you to know how many care hours you need each week. This tool has been checked and validated by The University of Warwick and forms part of the contracts between Shaw healthcare (Group) Limited (My Care My Home's parent organisation) and its Local Authority and NHS partners.

Knowing precisely the number of care hours you need is very useful when you are negotiating the specification and the price of your care contract with your chosen care provider. My Care My Home provides this as a chargeable service (See My Care My Home's Free and Chargeable Services No 2).

The value of this more quantitative assessment is not only that it will enable you to cost and plan for the care that you may need but, should you decide you need to go into a care home, it may be very useful in negotiating the price that you pay to that Care Provider. See Fact Sheet No 8; Negotiating the terms of your care contract.

The measured assessment of the number of care hours you need is a chargeable service; if you wish to know more about it, please tick the request for further information column against this service.