

## Preparing for your Assessment

**This leaflet is to help you prepare for your assessment. Your assessment is a conversation to help you explore what is important to you to maintain your independence.**

You'll need to meet with a member of staff. This can be in your own home or at your local Community Hub. At your local Community Hub there may be other community based organisations who can offer practical advice and help and give you information on activities in your local community. Please see leaflet on Community Hubs for times of opening.

If you can't get to your local Hub, or your situation is more complicated/urgent, a member of staff will arrange to visit you at home.

### What to think about before your meeting

It would be helpful to think about what matters to you in different aspects of your life.

This could include support you might already get from family, friends and your community. It might be a good idea to talk this through with everyone already involved.

#### Things to consider before your meeting:

- **What's important to you personally?**

For example, is it more important to see your grandchildren or friends regularly than go on holiday, or do you prefer to watch your favourite shows than go out.

- **What's working well in your life at the moment and what's not?**

Think about whether there is anything you would like to be different?

- **What and who do you have in your life to help you achieve what is important and what matters to you?**

These could be your own personal skills and strengths, family and friends, community.

- **What areas of your life could you do with some support in, which you're getting at the moment?**

- **Do you have a carer? If so they are entitled to an assessment in their own right.**

### What happens during the meeting?

A member of staff will listen to you to find out what's important to you, and what you need to stay independent and live as full a life as possible.

#### They will have a conversation with you about:

**Staying safe and managing any risks**, including any risks relating to any physical, mental health or learning disability issues you might have.

**Your medical history**, and any medical conditions or disabilities that affect your ability to live independently.

**How to prepare and cook food**, and if you have any particular needs around eating and drinking.

**How you manage everyday activities**, such as getting out of bed, washing, dressing and going to the toilet.

**How you manage your life at home**, such as shopping, laundry, housework, and any general household maintenance.

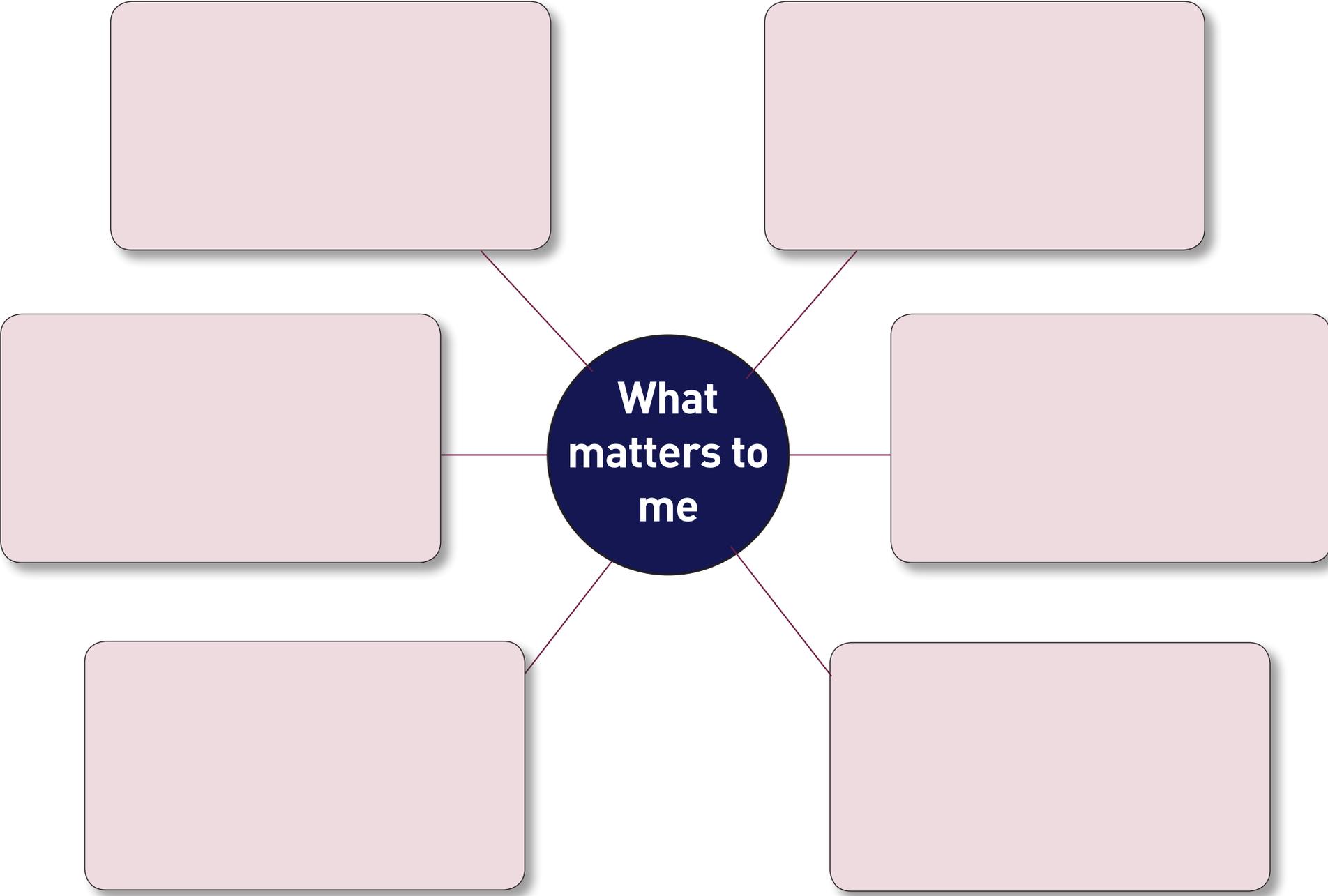
**How you make decisions**, and whether there is anything you feel would help you to make decisions about your life.

**The things you do**, such as work, education, leisure, and social activities.

**Following your assessment if you are eligible for support under the social work Eligibility Criteria then your social work professional will prepare a Support Plan with you based on what is important to you. This Support plan will tell you what your budget is. There is a Charging Policy and you may be charged for anything that is not free under Free Personal Care guidance.**

Please see leaflet on Introduction to Social Care in the Scottish Borders which explains Eligibility Criteria, Charging policy and Free Personal Care or visit our website.

You can use the diagram overleaf to make notes.



**What  
matters to  
me**