

Care Needs Assessment

What I need to know about a care assessment

If you start to need more help with things like washing or dressing, or you have difficulty with domestic tasks, contact your local council's social services department to ask for a free care needs assessment.

You're entitled to an assessment regardless of your income or savings. Care needs assessments look at your needs and consider how care and support could help you.

You'll be able to discuss any difficulties you have looking after yourself and the impact these have on your wellbeing.

If you qualify for help, your assessor will draw up a care plan with the support that's available to you, which could include minor adaptations or equipment to make your home safer and easier to live in.

An occupational therapist can also visit you at home to assess whether any larger adaptations or specialist equipment could help you, such as a walk-in shower or hand rails.

You'll need to have this assessment before the council can recommend a service such as:

- equipment like a walking frame or personal alarm
- changes to your home, such as a walk-in shower
- practical help from a paid carer
- day care for your child if either you or they are disabled
- access to day centres and lunch clubs
- moving to a care home

The needs assessment is free and anyone can ask for one.

You can apply for a needs assessment [here](#)