

## My assessment

What you need to know for  
an assessment meeting  
from adult social services

# My assessment

This factsheet is to help you get ready for your assessment. Keep it somewhere safe. You may want to use it during and after your assessment too. In the printable version, there is space for you to write notes. This is to help you remember things you want to talk about or ask us.

## Things you may want to ask us or talk about

To get the most out of your meeting with a social care worker, it is good to be prepared. Start thinking about how you would like things to be in the future. You could think about:

- What you want life to be like
- How your life used to be and what you would like to be able to do again
- What you are finding difficult to manage
- Anything you feel would help you
- People around you who could help
- What things you enjoy doing

## Talking to a social care worker

When you or someone else contacts us about your wellbeing we will arrange to speak with you. We may talk to you while you are in hospital, over the phone or arrange to visit you.

We will discuss how we can help you to stay as independent as possible. As well as the best way to get any information, advice and support you need.

## We will talk to you about:

- What you want to get out of life and what is important to you
- What you can do yourself to achieve this
- What your friends or family are willing to do
- How networks, local community services or charities can help you
- What support we can offer

## **We will agree with you:**

- What you might be able to change
- What you will ask your friends and family to do
- Which organisations either you or we will contact

## **We will:**

- Aim to get you all the information and advice you need
- Check back on you to see that everything is working out

## **Planning your meeting**

- Meetings can last from 30 minutes to two hours
- Contact us if you would like someone independent to support you (an advocate)
- Tell us if you need information in different formats or any help to understand and communicate with us
- Please tell us about anything you think we need to know

## **After your assessment**

If you have any questions or are not happy with the outcome of your talk with us:

- Please contact your social care worker
- You can also ask to speak to their manager

**Use this space to write down things you need to remember to tell us**

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## **How to contact us**

### **Adult Care Services**


To get more information about adult social care services you can:

 **Go online:** [buckinghamshire.gov.uk](http://buckinghamshire.gov.uk) and click on 'Care for Adults'


 **Call:** Social worker:  Team:

### **Are you worried about somebody?**


If you or someone you know is at risk of abuse or neglect:


 **Call:** 0800 137915 (24 hours a day)

### **If you would like to give us feedback**

 **Go online:** Please complete the online form at [buckinghamshire.gov.uk](http://buckinghamshire.gov.uk)

If you prefer you can:

 **Call:** 01296 387844

 **Email:** [complimentsandcomplaints@buckinghamshire.gov.uk](mailto:complimentsandcomplaints@buckinghamshire.gov.uk)