

My mental capacity assessment

What you need to know for a mental capacity assessment from adult social services

My mental capacity assessment

This factsheet is to help you get ready for your mental capacity assessment. 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.

What is the Mental Capacity Act?

The Mental Capacity Act is a legal act that ensures that people who require support to make decisions or lack the capacity to make decisions are protected.

The Mental Capacity Act covers important decisions like your health or care, and your finances or property. It also covers other decisions we need to make every day, for example what we like to eat or wear or how we pay for a meal in a restaurant.

The Mental Capacity Act also ensures that if we can't make a particular decision, any decision that may need to be made is in our best interests.

What is mental capacity?

To make decisions we need the capacity to understand information. We also need to remember the information so we can think about it, weigh the information up, and then make a decision.

It is really important when we need to make decisions that those supporting us are respectful and always assume we have the mental capacity to make decisions.

Sometimes our ability to make a decision can be impacted, for example we may find it much harder to make a decision during a seizure or perhaps we feel more tired in the afternoon. Our ability to make decisions can also be impacted if we have health conditions.

It is really important when we need to make decisions that we find the best time of day to make them and ensure there is support to help us if we need it. It may also be important to present the information in a way that helps us make a decision.

Things you may want to ask us or talk about

To get the most out of your meeting with adult social care it is good to be prepared. Start thinking about what is important to you and the decisions that need to be made about your life. You could think about:

- Is there a time of day that you find better for decision making?
- Will a number of meetings/visits be required?
- Do you have any wishes or feelings about the decision?
- Would you like any support with the decision?
- How do you like information to be presented to you?
- What type of information do you think you need to have to make the decision?

Talking to adult social care

When you meet with your worker they will talk with you about the decision and what is important to you. They may use different methods of communication if that works best for you.

We will talk to you about:

- Why a decision needs to be made
- Support you to make a decision if you are able to
- Explain the next steps if you are unable to make a decision

We will agree with you:

- What will happen after the assessment
- Ensure you are supported with the next steps regarding the decision

We will:

- Aim to get any information or advice you need
- Send you a copy of your mental capacity assessment

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 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

If you prefer you can:

 **Call:** 01296 387844

 **Email:** complimentsandcomplaints@buckinghamshire.gov.uk