

## 6. I want to understand my care needs



If you need support from Adult Social Care, it will help to think about what your care needs are.

You might need a care needs assessment. This means we will talk with you, to see how we might be able to best help you.



### What are your care needs?

Think about the sort of things you need help with.

Use the examples below to help you decide. Write down any thoughts you have next to each one.

- 'I need someone to help me get up and get dressed in the mornings'
- 'I need help to shower everyday'
- 'I need to be reminded to take my medication'
- 'I need help cooking or in the kitchen'



Think about what other things you need support with too, for example:

- 'I want to go to my place of worship once a week'
- 'I want to visit my sister twice a month'



## What happens at your care needs assessment?

Someone from Adult Social Care will talk to you about how you are managing with your everyday tasks.

This might be over the phone or online.



They will talk to you about:

- Your social life, where you like to go and what you like to do
- Your skills and other things you are good at
- Your religious and cultural background, and your views.



- Who you have in your support network? This could be family, friends, support workers etc
- Do you have any physical difficulties?
- Do you need any medication?



- Do you have somewhere to live?
- What support do you want?
- They can talk to a carer or family member if you want them to.

### **Will you be eligible for help from social services?**



Bradford Council follows national guidelines to decide who can get care.

We will ask these three questions to help us to decide:



1. Do you have care and support needs as a result of a physical or mental condition?
2. Is there now, or will there be in future, a big impact on your wellbeing?

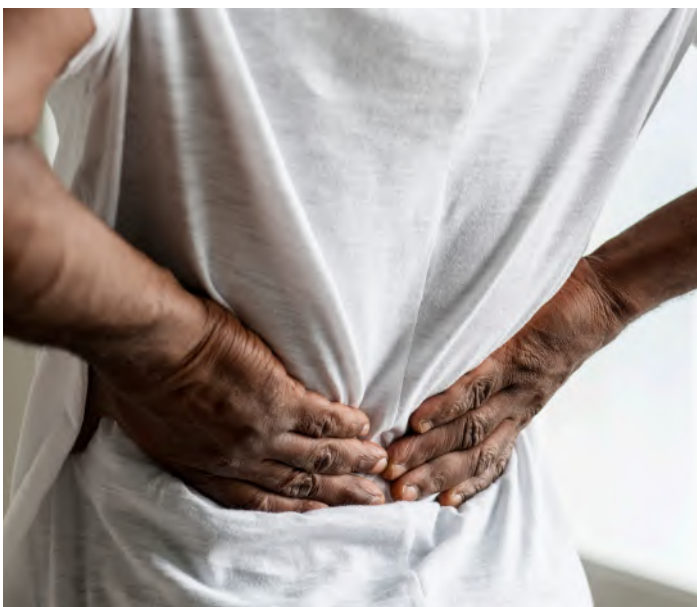


3. Are you not able to do two or more of the things on this list because of your care and support needs?

- eat properly
- look after your personal hygiene
- go to the toilet



- dress yourself
- be safe at home
- keep your home clean and safe
- see family and friends
- go to work, volunteering, education or training
- use services in your area.



‘Not able to do’ an activity means that:

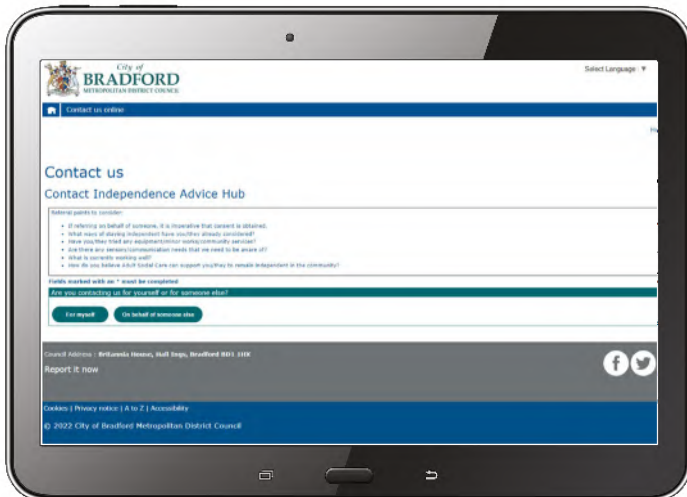
- you need help to do it
- when you try to do it yourself it is painful, or it makes you feel distressed or anxious
- it is dangerous for you or others
- it takes you longer than it should.



How do I get help from social services?

Once you have thought about your care needs, or the needs of someone you care for and you would like to have an assessment please contact adult social care:

- using this [online form](#)



- by phoning Independence Advice Hub on 01274 435400

