

How to prepare for your Care Act assessment



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About the Preparation for Adulthood team



They are a small team of social workers who work with young people aged 14 to 25 years old who may need adult social care support.



They work with young people with special educational needs or disabilities to plan for adulthood.



They want young people to be as independent as possible. They want young people to be able to do the things they want.



They work with young people and their families to find out what support they need as adults. These are called likely needs.



What the Preparation for Adulthood social workers do



They find out what information and advice you, your family or your carer need to help you get ready for adulthood.



They will ask you about your plans and what you want to do when you are an adult.



They will tell you if you can get help with your care and support from the council.



This is called a Care Act assessment.



What happens at your assessment



They will ask you what you like to do.



They will ask you what you are good at.



They will ask you about your plans when you leave school.



This will include things like learning, training, doing voluntary work or getting a job.



They will ask you what skills you want to learn.



What happens at your assessment



They will ask what help you need.



They will talk to you about any worries you have.



They will ask if you have any questions.



They will include your family or carer.



If your parents or carer need an assessment for themselves, this will be arranged.



Getting ready for your assessment



This meeting is about you.



It is important for you to be able to tell us what you want to do when you leave school.



We have prepared some getting ready sheets with things for you to think about. You can write on them and bring them with you to the meeting.



You may have some questions to ask the social worker. You can write these on the getting ready sheets.



The getting ready sheets are at the end of this booklet on pages 11 to 20.



Getting ready for your assessment



You need to think about who you want at the meeting with you.



This could be your parents or carer, or other people you know well.



You may also want to have someone who is independent and who can speak on your behalf. We call this person an advocate.



An advocate gets to know your views and wishes and helps you to tell others. This could be a family member, a friend or someone we arrange for you.



If you would like an advocate to help you, please tell your social worker before the meeting.



What happens after the assessment



The social worker will write notes about what was said.



This will include any information and advice you have been given.



It will also say if you may be eligible for social care support from the council as an adult.



You will be sent a copy of the assessment. We will also send a copy to your advocate if you needed one.



You will be asked if you agree with what has been written. It can be changed if needed.



If your parent or carer had their own assessment, they will be sent this.



What happens after the assessment



If you are likely to be eligible for social care support as an adult, the assessment will be passed to the adult services social work team.



They will start working with you to make sure the right services and support are in place.



If you are not eligible for social care support from the council as an adult the social worker will give you information about other services that may be able to help you in the future.



They may give you some ideas about how to get ready to live as independently as possible when you are an adult.



Getting ready sheets



Being part of your community



Some things to think about...



What I like to do?



Where I like to go?



Getting ready sheets



How can I get there?



Who I like to meet?



How I stay safe when I am outside



Getting ready sheets



Work and training...



Some things to think about...



What new things would I like to learn?



What job would I like to have?



Getting ready sheets



What volunteering do I want to do?



These are the skills I want to learn...



This is how I want to spend my time...



Getting ready sheets



My health



Some things to think about...



This is what I do to stay fit and well...



This is how I make sure I eat well...



Getting ready sheets



These are the places I know where to get help to stay healthy...



How I manage medications that I take...



Getting ready sheets



Independent living



Some things to think about...



**I want to live:
With family?
With friends?
On my own?**



Getting ready sheets



These are the things I can do around the house myself, e.g. cooking, using the washing machine, vacuuming, washing up etc.



These are the things I would like to learn to do around the house myself...





Getting ready sheets



**Looking after money.
E.g. I have my own bank
account and I can pay for
things.**

What I can do myself...

What I need help to do...



**This is who I can speak to if
I am worried...**



Getting ready sheets



Is there anything else you want to tell us?



What information or support do you think you need?



Do you have any questions?