

Understanding Needs Tool

Needs

The Care Act requires that the Local Authority establishes what your needs are so that it can decide how best to support you. There are 10 categories of need identified in the Care Act and the Local Authority must establish whether you have needs in each area and what those needs are. This tool can be a useful way to start thinking about your needs either before or during any assessment process.

	Manage and maintain nutrition	
	Maintain personal hygiene	
	Manage toilet needs	
	Being appropriately clothed	
	Be able to make use of your home safely	
	Maintain a habitable home environment	
	Develop/maintain family and other personal relationships	
	Access/engage in work, training, education or volunteering	
	Make use of community services	
	Carry out caring responsibilities for a child	

How to use this tool

The tool is split into 2 parts. The first part is a checklist. The second part asks you to say what support you feel you need at different times of the day, who currently provides this and whether the support you receive is working for you. If there are times of the day when you do not need support you can leave this area blank.

If the support you need is different on some days you should complete this tool based on what you consider to be a normal day for you. You may want to complete the tool again to show what your support needs are on another day.

Sometimes it can be useful to ask a carer, family member or friend to complete the tool as well so that you can understand their views about the needs that you have too.

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You can complete the tool by yourself or you can complete it with any person you wish. This could be a carer, a family member, a friend, an advocate or a social care practitioner.

What happens next?

Your social care practitioner will talk with you to understand;

- a) If you don't need the support everyday how often you do need it;
- b) Whether your needs for support are likely to change in the future and what can be done to delay any changes;
- c) Whether there are opportunities for you to regain your independence and what you may have tried already to do this;
- d) What is working/not working about your current support;
- e) What the Local Authority may be able to support you with;
- f) The impact of your needs on other areas of your life and whether your needs are preventing you from living your life the way you need/want to; and
- g) Whether the person who is supporting you at the moment is able to carry supporting you.

The Tool

Part 1

The support that I need can be different on some days **Y/N**

I need advice and guidance (for example support to make decisions or to stay safe) **Y/N**

I need support with my finances **Y/N**

I need support with correspondence (for example letters, emails and other paperwork) **Y/N**

I need support with shopping **Y/N**

Support to see or stay in touch with friends and family **Y/N**

I need emotional support (for example with anxiety or distress) **Y/N**

I need support with behaviour (for example if you get angry with other people or yourself) **Y/N**

I need support to maintain or find employment **Y/N**

I need support to access or maintain education, training or volunteering **Y/N**

I care for a child or another adult and need support to do this **Y/N**

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Part 2

Examples of the support you may need are;

- a) Support with mobility;
- b) Support with personal care (having a wash, using the toilet or getting dressed);
- c) Support with medication; and
- d) Support to prepare food and drink.

	What support do you need at this time of day?	Who provides you with this support?	Working?
 <p style="text-align: center;">Morning</p>			Y/N
 <p style="text-align: center;">During the Day</p>			Y/N
 <p style="text-align: center;">In the evening</p>			Y/N
 <p style="text-align: center;">Overnight</p>			Y/N