

CareCubed Aide Memoire

During a skilled conversation to establish needs, or review a Care and Support Plan you will be asking the person (or their representative) a range of questions. By asking some key supplementary questions you can gather information for the CareCubed tool at the same time.

This will;

- a) Avoid the need for unnecessary duplication;
- b) Help reduce any anxiety felt by the person about the CareCubed process; and
- c) Reduce administrative burdens.

The table sets out some of the supplementary questions that can be asked if;

- a) The person is known to have needs in that area; and
- b) The question is deemed relevant to their particular needs and circumstances.

Topic	Supplementary questions	Notes
Communication difficulties	<p>Do you need any specific support with communication (e.g. to replace batteries, place items on charge, setting up of a TEACHH board each morning/week, support to undertake SALT recommended activities)?</p> <p>How often do you need this support and how long does it take?</p> <p>Do you share this support with anyone else?</p>	

<p>Your home and living situation</p>	<p>How many people do you live with?</p> <p>Are there any spare rooms/vacancies?</p> <p>Is the building detached?</p> <p>How many staff support you here?</p> <p>Do you share staff with others?</p> <p>Do you know how many hours you have for 1:1 support?</p> <p>Are night staff awake or asleep?</p> <p>Do you know what time staff start in the mornings and finish in the evenings?</p> <p>Is there a manager here all the time?</p>	
<p>Maintaining your home environment</p>	<p>How often are you supported to undertake different household tasks?</p> <p>How long do different tasks take?</p> <p>Do you have good and bad days, or are you fairly consistent in what you can do?</p>	
<p>Finances</p>	<p>How often do you have support with your finances-banking, paying bills, budgeting?</p>	

	<p>How long does it take to get to the bank?</p> <p>Do you claim benefits-does anyone help you with this?</p>	
<p>Shopping</p>	<p>How often do you need support to go shopping and how much support do you need? Does it vary?</p> <p>Do you have your own support or share with others?</p> <p>How do you get to the shop and how long does it take?</p> <p>How long do you spend at the shop normally?</p> <p>Do you need support to write a shopping list? How long does this take?</p> <p>Do you unpack your own shopping? How long does it take?</p> <p>Do you always go to the same shop?</p>	
<p>Preparing meals and drinks</p>	<p>Do you make meals from scratch or do you use ready meals?</p> <p>Do you go anywhere in the day that means you don't</p>	

	<p>need support to make your own meals/drinks e.g. day centre or out with friends?</p> <p>How long does it take you to make a drink/snack/meal with support?</p> <p>Can you carry your drink/snack/meal to the table?</p> <p>Can you tidy your dishes/cup away afterwards? If not, how are you supported and how long do these things take?</p>	
<p>Eating and drinking</p>	<p>How long does it take you to be supported to eat/drink?</p> <p>If you use any equipment do you need support to get it ready/clean it/ tidy it away?</p> <p>Does the length of time vary or remain consistent?</p>	
<p>Using the toilet</p>	<p>How long would you say you need support for each time you use the toilet?</p> <p>Is this quite consistent or is it sometimes more/less support?</p> <p>Do you ever need support overnight?</p>	
<p>Personal hygiene</p>	<p>Do you need support to brush your teeth? If so, how often do you brush your teeth?</p> <p>How often do you need support to shave, clean your ears, cut your nails, wash your face, style your hair, apply make up?</p>	

	<p>How many people support you to do these things and how long does it take?</p>	
<p>Showering/bathing</p>	<p>How long does it take to shower/bathe and what support do you have?</p> <p>How often do you shower/bathe?</p> <p>Are there any times you need more support than normal or where you need to shower/bathe more often than normal?</p> <p>If you need support to get dried and dressed how long does this take?</p>	
<p>Mobility</p>	<p>How long does it take for you to get around your home with support?</p> <p>What about getting upstairs or into the garden?</p> <p>How long do transfers take?</p> <p>If you have pressure areas how long does it take to maintain them/prevent them and how often?</p>	
<p>Social relationships and activities</p>	<p>How often do you need support to go out?</p> <p>Do you always have 1:1 support or is it sometimes shared-if so between how many?</p> <p>What kind of things do you do-is it a regular timetable or does it vary?</p>	

	<p>How long are you normally out for?</p> <p>How often do you have support with activities at home? How long for each time? Is it shared with others-how many?</p> <p>Do you ever go anywhere where you don't need support-how often? E.g. to family, day centre.</p>	
<p>Work, education</p>	<p>If you need support to work or take part in education how long do you need support for each time?</p> <p>Is support only required at certain times of the year?</p> <p>What happens outside of this?</p>	
<p><i>Staying safe-unless this is support unrelated to any of the other domains it has likely been covered already.</i></p>	<p>What support do you have to help you stay safe specifically? Advice, prompts?</p> <p>Do you need support at home, in the community or overnight?</p> <p>How much time is spent supporting you to stay safe?</p>	
<p>Mental well being</p>	<p>How often would you say you need support with your mental health and well being?</p> <p>How long does it take to provide the support you need? Does it vary? How does it vary?</p> <p>Do you access any professional support? How often?</p> <p>Do you need help to get to appointments? How is this provided? How long does it take to get to and from these</p>	

	<p>appointments? Is it 1 person that supports you or more/less?</p>	
<p>Health</p>	<p>How often would you say you need support to see health professionals?</p> <p>Are these all NHS health professionals?</p> <p>What support do you need?</p> <p>How long does it take?</p> <p>If you need support with seizures how regularly do you need support? Do you take a long time to recover from a seizure? Do you need someone to be with you while you recover?</p>	
<p>Medication</p>	<p>How many people do you need to support you with medication?</p> <p>How long does it take to support you with your medication each time?</p> <p>How often do you have to take medication outside of your normal routine?</p>	