

The Self Directed Support Questionnaire

This video clip explains what questions are asked in the Self Assessment Questionnaire. If you want to know more about the self assessment see video clip 4.

You will be asked the following questions. In each section there is the opportunity for family, friends and carers to add their views and what support they are able to give you. It is important that you put as much information into the questionnaire as possible so that a full picture of your circumstances is provided to ensure that all your needs are covered. You will be asked in each section to say whether you can manage, need some support, a lot of support or are not able to manage at all.

If you require a BSL interpreter to be present when you are completing the questionnaire, your Care Manager will arrange for one to be present.

The first section is about yourself:

- You are asked to provide your personal details
- What and who is important to you
- What is working well for you and you would like to continue for as long as possible
- What needs to change
- Work, education or training, are you in full time work, part time work, a student, retired, voluntary work, other, Government training or New Deal?

About your Unpaid Carer (if applicable)

Unpaid care (sometimes called an informal carer). This may be provided by a family member, friend or neighbour

If you have an unpaid carer, please say who they are and whether they receive Carer's Allowance (please include any support you receive from someone under the age of 18). If you wish, please ask your unpaid carer/carers to contribute to each section of the Self Supported Assessment Questionnaire.

Name and contact details of any unpaid carers;
Is there a plan for what needs to happen to you if there is an emergency and your unpaid carer is unable to provide care? e.g. if they become ill.

We would encourage any unpaid carers to complete a carer's assessment. This will help us offer support to carer's in their caring role. If you have more than one carer they will each need to complete a questionnaire.

1. Staying healthy including managing medication

This section is about any physical or mental health conditions or disabilities you have.

Please also say if you receive support from any other professional person such as your GP Community Psychiatric Nurse, District Nurse, Occupational Therapist, Physiotherapist, Speech and Language Therapist etc. Social care may ask your permission to speak to the professionals who support you.

Your health conditions or disabilities will be looked at to see how they affect your daily life and what support Darlington Borough Council may be able to give you to meet any social care needs. We will make a referral to Health if we think that you need any assistance or support with any health needs.

Please say how you manage any prescribed medication and how many times each day you need it.

2. Keeping safe

This section is for you to say what support you need to keep yourself and others around you safe.

You may need support with keeping yourself or others safe due to memory problems, sight or hearing loss. You may not recognise danger or be able to identify risks; you may suffer from falls or accidents.

You may not want to accept support, the things that you do may put yourself or others at risk; you may harm yourself or others, or suffer from the effects of substance abuse and neglect. You may need support due to you feeling vulnerable or at risk from abuse. Please say if this support is needed during the day only, the night only or both day and night. Please say if you need support from 2 people at the same time.

3. My personal care needs

Please say what support you need with your personal care. This is things like having a wash, bathing, dressing and going to the toilet. This also includes support you need with moving around your home. Please say if you need support from 2 people at the same time. Please say if you need support overnight. Please say if you use any equipment to assist you and equipment you feel you need.

4. Running my home

Please say what support you need with running and maintaining your home. This will be things like laundry, cleaning, changing bed linen, managing your money, paying bills, dealing with your correspondence and whether your current accommodation is suitable for you.

5. Eating and Drinking

Please say about the support you need with eating and drinking. There are three elements within Eating and Drinking:

- the support you need with food shopping
- the support you need to prepare food and drink
- the support you need with eating and drinking. e.g. feeding, swallowing difficulties, PEG feeding

Please say if you have lost or gained weight recently, or if you have difficulty swallowing.

Please include any specialist services you receive, e.g. Dietician, Speech and Language therapy, specialist equipment etc.

6. Social activities and maintaining your relationships

Please say what support you need with your social activities and relationships. This will include support you need to be part of your local community and maintain relationships with family and friends.

Please also say what cultural, spiritual or faith needs that are important to you. Please also include the support you need due to difficulties with getting around outside. Do you need support from 2 people at the same time?

7. Work and learning opportunities

What support do you need with work, education and learning opportunities. This will include things like any paid or voluntary work and learning opportunities at a local college or community centre which will help you get a job.

8. My role as a Carer

Please say what support you need to care for someone else. This could be anyone you have parental responsibility for. This could also be support you need to care for a partner, parent, sibling, grandparent or friend.

9. Communication

Please say what support you need to be able to communicate with other people. You may need support due to communication barriers, hearing or sight impairment, illness, difficulty with concentration or problems with reading or writing. Please say what equipment you use to assist you and equipment you feel you need.

10. Making decisions and having control of my life

Please say what support you need with making decisions about things in your life. This will include decisions about where you live, who supports you, what you do each day, where you go and how to spend your money. You may need support due to language/communication barriers, low energy levels, thinking things through, memory difficulties or problems with your mental health.

Unpaid support (if applicable)

Please tick the statement that best describes the support you receive from family, friends or neighbours. There is the opportunity for a carer and supporting officer to also tick these statements and for you all to finally agree which statements reflect your situation.

- a) I have no family, friends or neighbours to support me or
- b) My family, friends or neighbours are unable to provide any support apart from once in a while.
- c) I have family, friends or neighbours who are willing and able to provide some support.
- d) I have family, friends or neighbours who are willing and able to provide regular support.
- e) I have family, friends or neighbours who are willing and able to provide frequent support.
- f) I have family, friends or neighbours who are willing and able to provide most of my support.
- g) I have family, friends or neighbours who are willing and able to provide all of my support.

You will be asked to sign the questionnaire to say that:

- You agree that the information you have provided reflects your views.
- You do or do not agree to this document being shared with other agencies who are involved in meeting my support needs. And to say if there is any specific information you would not wish to be shared?

- You understand that you will need to have a financial assessment to see if you need to pay any money towards your social care support. This will be worked out by an officer from the council in accordance with Fairer Contributions Policy, or the Charging for Residential Accommodation Guidance. You understand that you will have to show evidence of your income, outgoings, savings and assets.
- You understand if your savings and assets are more than £23,250, which is the current limit set out by the Department of Health, identified in the above guidance, you will be expected to meet the full cost of my social care support.
- If someone else has supported you to complete this self assessment questionnaire they should sign also.