



Social Work Services

Supported Self-Assessment

Who is this supported self assessment for?

This supported self assessment is for people aged 16 years of age and over who may need a range of support from Social Work Services.

What is the supported self assessment for?

This supported self assessment is an important step for you to take in seeking help or support from Social Work Services. We will work with you to support you to make the changes you need to make in your life. We want to help you in the way that will work best for you. To do this we need to understand what works for you just now and what you want to change. We also need to know what support and resources you already have or what you need.

The supported self assessment is designed to help you to identify things you need to change about your life. It leads you to explore how you might make the changes you wish to make and the sort of support you think would help you. It helps us to work out what support, if any, we can signpost you to or support we might be able to provide for you.

We will support you to identify where else you may be able to get help from, including other organisations, family, friends and any community support.

Can someone help you complete this assessment?

Yes, of course. There are people who can help you complete this form. We would encourage you to have support in completing this form. A family or friend may be the right person to provide support for you but we

would also encourage you to seek advice and support from Social Work Services or a voluntary organisation.

Guide to completing this questionnaire

It is important to complete the Basic Details section of the form as fully as possible so that we have the right details for you.

Please also complete the information about communication as this helps us to know how to communicate with you.

The rest of the form is laid out under broad headings covering a wide range of aspects of life. This gives you the opportunity to think about things that are important to you and to tell us about these.

Each section asks what works well, what is not working well and what you want to change about your life just now. It explores what support you may have and what support you may need to make the changes you want to make. Resources can be a whole range of things and not just money. Resources can include friends, family, local community groups or activities, items of equipment and access to transport amongst other things.

Please use the form to highlight the areas you wish to change. Remember you don't need to try to change everything at once.

Basic details and contacting you
Please complete this page as fully as possible:

Basic details
Name:
Address:
Date of Birth:
Telephone number (Home):
Telephone number (Mobile):
Email address:
Ethnicity:
Gender:
Do you live alone? Yes / No If no – who lives with you?

Contacting you <i>Think about hearing, speaking, understanding, reading, writing, language, sign language, using a computer, email ...</i>
If you have a preferred way of us contacting you please tell us here:
For all contact with me please contact the following person: Name: Address: Telephone number: Email address:

1. Looking After Yourself

Think about washing, dressing, making meals, eating and drinking.

What is working?

What is not working and puts you at risk?

What I would like to change:

Resources and support I have to do this include:

Resources and support I think I need include:

What difference would these changes make?

2. Managing Your Home

Think about managing money, cleaning the house, maintaining the house, keeping the garden, laundry, using appliances...

What is working?

What is not working and puts you at risk?

What I would like to change:

Resources and support I have to do this include:

Resources and support I think I need include:

What difference would these changes make?

3. Your Health and Wellbeing

Think about your general health, your mental health, your mood, motivation, confidence, emotional wellbeing ...

What is working?

What is not working and puts you at risk?

What I would like to change:

Resources and support I have to do this include:

Resources and support I think I need include:

What difference would these changes make?

4. Family and Friends

Think about your relationships with family and friends and how easy it is to maintain contact

What is working?

What is not working and puts you at risk?

What I would like to change:

Resources and support I have to do this include:

Resources and support I think I need include:

What difference would these changes make?

5. Having Things To Do

Think about work, education, learning, leisure, social activities...

What is working?

What is not working and puts you at risk?

What I would like to change:

Resources and support I have to do this include:

Resources and support I think I need include:

What difference would these changes make?

6. Getting About at Home and Outside

Think about getting about inside and outside your home, mobility, transport

What is working?

What is not working and puts you at risk?

What I would like to change:

Resources and support I have to do this include:

Resources and support I think I need include:

What difference would these changes make?

7. Managing Your Safety

Think about safety in your home, your safety when you are out and about, safety with other people, your health and wellbeing.....

What is working?

What is not working and puts you at risk?

What I would like to change:

Resources and support I have to do this include:

Resources and support I think I need include:

What difference would these changes make?

Questionnaire signed by

Your signature:

Date:

If someone else completed this form for you please provide this person's:

Full name (in capital letters):

Relationship to you:

Address:

Telephone number:

Signature:

Date:

Please return this completed questionnaire to your nearest locality office at one of the following places:

Nithsdale
122-124 Irish Street
DUMFRIES
DG1 2PB

Annandale
& Eskdale
Annan Town Hall
High Street
ANNAN
DG12 6AQ

Stewartry
Gardenhill Primary
Care Centre
2 Gardenhill Road
CASTLE DOUGLAS
DG7 3EE

Newton Stewart
Penninghame Centre
Auchendoon Road
NEWTON STEWART
DG8 6HD

Upper Nithsdale
Mill Hill Centre
Corserig Crescent
KELLOHOLM
DG6 4EL

Stranraer
Ashwood House
Sun Street
STRANRAER
DG9 7JJ

Or contact the Customer Contact Centre for Adult Social Work Services on

030 3333 3001

Supported Self-Assessment – Summary Sheet

Looking After Yourself	Current Position	Not a problem	Good	Ok	Difficult	Very difficult
	Goal/Target	Not a problem	Good	Ok	Difficult	Very difficult
Managing Your Home	Current Position	Not a problem	Good	Ok	Difficult	Very difficult
	Goal/Target	Not a problem	Good	Ok	Difficult	Very difficult
Your Health and Wellbeing	Current Position	Not a problem	Good	Ok	Difficult	Very difficult
	Goal/Target	Not a problem	Good	Ok	Difficult	Very difficult
Family and Friends	Current Position	Not a problem	Good	Ok	Difficult	Very difficult
	Goal/Target	Not a problem	Good	Ok	Difficult	Very difficult
Having Things To Do	Current Position	Not a problem	Good	Ok	Difficult	Very difficult
	Goal/Target	Not a problem	Good	Ok	Difficult	Very difficult
Getting About Inside and Outside Your Home	Current Position	Not a problem	Good	Ok	Difficult	Very difficult
	Goal/Target	Not a problem	Good	Ok	Difficult	Very difficult
Managing Your Safety	Current Position	Not a problem	Good	Ok	Difficult	Very difficult
	Goal/Target	Not a problem	Good	Ok	Difficult	Very difficult

