

Self Assessment Questionnaire

(Working Age Adults)

RAS4

Name:

Date completed:

SELF Assessment Questionnaire 2. (Working Age Adults)

1 Looking after myself – my personal needs

This part is about looking after myself – things like washing, dressing and eating, or shopping, cleaning and cooking.

		Points	Outcomes
A) I need a lot of support to take care of myself. I can get the highest rate of Disability Living Allowance (care component)	<input type="checkbox"/>		For me to be, clean, dressed, warm and groomed In a way that I choose and suits me.
B) I need some support to look after myself. I'm OK at home on my own for a little while.	<input type="checkbox"/>		For me to be, clean, dressed, warm and groomed In a way that I choose and suits me.
C) Now and then I need support to look after myself. I'm OK on my own in places I know – for quite a long time.	<input type="checkbox"/>		For me to keep my independence and to carry on meeting my own personal care needs.
D) I don't often need support to look after myself. I'm OK on my own in most places – for days at a time.	<input type="checkbox"/>		

2 Relationships

This part is about friendships and people I know – not just my family.

		Points	Outcomes
A) I don't really have any relationships outside my family. I need support to make relationships – and keep them	<input type="checkbox"/>		For me to form a friendship or relationship outside of family or people paid to be with me.
B) I have one or two relationships – but not enough for me. I need support to make relationships – and keep them.	<input type="checkbox"/>		For me to form more friendships or relationships outside of family or people paid to be with me
C) I've got a lot of relationships – the right number for me. I need a bit of support to keep them.	<input type="checkbox"/>		To keep in touch with people who are important to me.
D) I've got a lot of relationships. I don't need support to keep them.	<input type="checkbox"/>		

3 Being part of the local community

This part is about doing things in my community – like using local shops, the library, going to the cinema, clubs, community centre, church or other place of worship, helping neighbours, or being involved in local organisations.

Maybe I can get a **Small Sparks** grant to start a little community project. This can be fun and I might make new friends. I'll ask the Council if they do **Small Sparks**.

		Points	Outcomes
A) I don't do much in my community. I need support to do more.	<input type="checkbox"/>		To do things in and be part of my community
B) Sometimes – not often – I do things in my community. I need support to do more.	<input type="checkbox"/>		To do more things in and contribute more to my community.
C) I do lots of things in my community. I need support to do them.	<input type="checkbox"/>		To remain active in my community
D) I do lots of things in my community. I don't really need support – just now and then.	<input type="checkbox"/>		

4 Work, leisure and learning

This part is about having a job, learning new things and enjoying life.

		Points	Outcomes
A) I don't have many chances to work, or learn new things, or enjoy life. I need support to do these more.	<input type="checkbox"/>		To work and have a Job, to gain new skills.
B) I have a few chances to work, learn new things, and enjoy life. I need support to do these more.	<input type="checkbox"/>		To have more chances to work and take part in ongoing learning.
C) I am busy – with a job or learning new things – and I enjoy my spare time. I need support to keep these going.	<input type="checkbox"/>		To carry on working and learning
D) I am busy and enjoy my spare time. I have the support I need to keep these going – from family, friends or workmates.	<input type="checkbox"/>		

5 Making Decisions

This part is about who decides important things in my life – things like where I live, who supports me, who looks after my money.

		Points	Outcomes
A) Other people make most decisions about my life. I need support to make more decisions.	<input type="checkbox"/>		To take more decisions about things important to me.
B) I decide most day-to-day things. But I don't have as much say in important decisions about my life. I need support.	<input type="checkbox"/>		To take the decisions that are important to me.
C) I make all the decisions. I need support and advice to make them.	<input type="checkbox"/>		To carry on making decisions with good advice
D) I make all the decisions. I just need a bit of advice.	<input type="checkbox"/>		

6 Staying safe from harm

This part is about keeping safe when I'm going out on a bus, or using a gas cooker, or going down stairs. Those are the things that are important for me. But staying safe is about different things for different people.

		Points	Outcomes
A) I need help to stay safe a lot of the time. People worry a lot about my safety.	<input type="checkbox"/>		To be safe and free from harm
B) I need help to stay safe some of the time. People worry a bit about my safety.	<input type="checkbox"/>		To be safe and free from harm
C) Sometimes I need a bit of help to stay safe. I'm happy and no-one says they're worried.	<input type="checkbox"/>		To be safe and free from harm
D) I don't need help to stay safe. I'm happy and no-one says they're worried.	<input type="checkbox"/>		

7 Complex needs and risks

This part is about my behaviour – the things I do. Can my behaviour be dangerous for me or other people?

		Points	Outcomes
A) I often do things that could hurt me or other people. People have tried to help me change what I do. But there's still a risk I could hurt myself or other people.	<input type="checkbox"/>		To be free from harm and not cause harm to others
B) I often do things that could hurt me or other people. People have helped me change what I do. There's not a big risk I could hurt myself or other people.	<input type="checkbox"/>		To be free from harm and not cause harm to others
C) Some things I do are a problem for other people. But there's no real danger to me or other people.	<input type="checkbox"/>		To be free from harm and not cause harm to others
D) In the past I've done things that could hurt me or others. Or I've done things that were a problem for other people. But there's no problem now.	<input type="checkbox"/>		To be free from harm and not cause harm to others
E) I've never done things that could hurt me or others. People around me support me well.	<input type="checkbox"/>		

8(a) Family carer and social support

My family carer

This part is for my family carer. What does supporting me mean for my family carer? What is their life like?

To the family carer:

This part is for you. To answer this question you need to imagine you are caring full-time for your family member – even if you're not; even if your family member has support.

		Points	Outcomes
A) My caring role has a critical impact on my lifestyle - including a significant impact on my health and well-being. I am unwilling or unable to continue in the role as it currently is. (Resuming a greater caring role would have this effect)	<input type="checkbox"/>		For my caring role to change so that It no longer has such a detrimental impact on my life.
B) My caring role has a substantial impact on my lifestyle. Playing this role has led to high levels of stress and some health problems.(Resuming a greater caring role would have this effect)	<input type="checkbox"/>		For my caring role to change so that It no longer has such a detrimental impact on my life.
C) I have some difficulty and stress in carrying out my day-to-day caring tasks. There is some impact on my lifestyle and playing this role leads to minor stress. (Resuming a greater caring role would have this effect)	<input type="checkbox"/>		For me to feel supported to carry on in my caring role.
D) I am able and willing to continue in my current caring role. My caring responsibilities have only a small impact on my daily life.(I would like to play a greater caring role than I currently do, and have some time to provide support)	<input type="checkbox"/>		For me to feel supported to carry on in my caring role.
E) I am able and willing to continue in my current caring role. My caring responsibilities have no negative impact on my daily life (I would like to play a far greater caring role than I currently do, and have time to provide support)	<input type="checkbox"/>		

8(b) Family carer and social support

	A	x	B	
1	I am able to get nearly all the help I need from my family and friends	<input type="checkbox"/>	I currently need no paid support	<input type="checkbox"/>
2	I am able to get most of the help I need from family and friends	<input type="checkbox"/>	I have or need some occasional paid help	<input type="checkbox"/>
3	I am able to get only some of the help I need from family and friends	<input type="checkbox"/>	I have or need ongoing regular help	<input type="checkbox"/>
4	I can get little or no help at all from family or friends	<input type="checkbox"/>	I have lots of paid support Full time day care Respite I currently have 24 paid support	<input type="checkbox"/>

Your care manager will use this form, with the Adult Care Assessment, to request the amount of resource that you are entitled to. Your care manager will let you know the outcome.

Thank you

If you would like a full version of In Control's Resource Allocation System or to know more about in Control, visit our website :

www.in-control.org.uk

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