

# Care and support planning self-assessment tool

This self-assessment exercise is based upon the Think Local Act Personal resource 'Making it Real'. The 26 "I" statements were developed by people who use services, carers and citizens and describe the sort of feelings and experiences that people want from support services. In this self-assessment tool they act as a benchmark for good person-centred care and support planning.

The self-assessment tool is divided into the six sections of the "I" statements and requires you to think about what is working well within current practice, at an individual, team and /or organisational level, and what is not. Once completed you can use this information to inform your action plan at the end of the workbook. The self-assessment tool can be used by anyone working within health and social care and within any role.

Please read each of the statements and tick those statements that apply to you, your team or your organisation:

1. Information and advice: having the information I need, when I need it	
Do you provide people with:	Tick
the information and support needed in order to remain as independent as possible	
access to easy-to-understand information about care and support which is consistent, accurate, accessible and up to date	
the opportunity to speak to people who know something about care and support and can make things happen	
help to make informed choices if they need and want it	
information about where to find out what is going on in their community	

## 2. Active and supportive communities: keeping friends, family and my place in the community

Do the people who use your service:	Tick those that apply
have access to a range of support that helps them to live the life they want and remain a contributing member of their community	
have networks of people who support them – carers, family, friends, community and, if needed, paid support staff	
have opportunities to train, study, work or engage in activities that match their interests, skills, abilities	
feel welcomed and included in their local community	
feel valued for the contribution that they can make to their community	

## 3. Flexible integrated care and support: my support, my own way

Do the people who use your service:	Tick
have control of planning their care and support	
have care and support that is directed by them and responsive to their needs	
have support that is coordinated, cooperative and works well together	
know who to contact to get things changed	
have a clear line of communication, action and follow up	

**4. Workforce: my support staff****Do the people who use your service:****Tick**

have good information and advice on the range of options for choosing their support staff

have considerate support delivered by competent people

have access to a pool of people, advice on how to employ them and the opportunity to get advice from their peers

feel supported by people who help them to make links in their local community

**5. Risk enablement: my feeling in control and safe****Do the people who use your service:****Tick**

feel able to plan ahead and keep control in a crisis

feel safe, are able to live the life they want and are supported to manage any risks

feel that their community is a safe place to live and local people look out for them and each other

have systems in place so that they can get help at an early stage to avoid a crisis.

**6. Personal budgets and self-funding: my money****Can the people who use your service:****Tick**

decide the kind of support they need and when, where and how to receive it

know the amount of money available to them for their care and support needs, and can they determine how this is used (whether it is their own money, direct payment, or a council managed personal budget)

get access to the money quickly without having to go through over-complicated procedures

get skilled advice to plan their care and support, and also be given help to understand costs and make best use of the money involved where they want and need this.