Adult Needs Assessments

What do you need help with?

*Easy Read*
About this leaflet

This leaflet is made by the Down’s Syndrome Association.

It is in Easy Read.

Easy Read means easy words with pictures to help everyone understand.

We ask Having a Voice groups to help us make Easy Read information.

Having a Voice groups are groups of people with Down’s syndrome. They help people have their say.

Having a Voice groups make sure the Easy Read information is easy to understand.

You can find out more about Having a Voice on the Down’s Syndrome Association website.
What is in this leaflet?

This leaflet is all about having needs assessments.

Needs assessments help you get the support you need.

Page 5 – What is a needs assessment?

Page 7 – What will happen in a needs assessment?
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Page 10 – What I want people to know about me.

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What is a Needs Assessment?

A needs assessment is a meeting with someone who can help you get the right support.

All adults with Down’s syndrome can have a needs assessment to get help with things like:

- washing and dressing
- cooking
- shopping
- banking and money
• going to appointments

• getting places

• seeing family and friends

A needs assessment will work out how much support you need.

You can ask for a needs assessment by writing to

(insert your local authority)

You can ask for help to do this.
What will happen in a Needs Assessment?

→ An assessor will come to meet you. You can ask for a picture of this person.

→ The assessor will ask questions about your life.

→ They have to ask you in a way you understand.

→ The assessor must know about people with Down’s syndrome.

→ You can have help wherever you live.
Our ‘Living the Way You Want’ series on our website explains some of the support options.

These booklets will help you to explain what is important to you.
What does the assessor need to know?

→ The **assessor** needs to know what you need help with.

→ You need to tell the **assessor** about the things you like doing and the help you need to live your life.

→ You can use the **next page** to prepare for your assessment.

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**What I want people to know about me**

1. Do
2. Like
3. Pal
4. Don’t like
5. Talk
6. Need help with
### What I want people to know about me

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**Who can help me?**

You can ask your family or a friend to support you with the assessment.

You can ask the **assessor** to speak to:

- **your family**
- **your friends**
- **professionals**, such as your doctor or anyone else who works with you

This will help the **assessor** understand your life and the support you need.
What if I don’t have anyone who can help me?

If you don’t have anyone who can help you, you should ask for an advocate.

You can do this by writing to

________________________________
(insert your local authority)

An advocate is a person who can help you with your assessment. It is the advocate’s job to make sure your voice is listened to.
What next?

→ After your assessment the assessor will tell you how much support the local authority can give you.

The assessor will help you to look at your options.

→ The assessor will help you to make a plan called a Care and Support Plan.

The Care and Support Plan says what support you will get.

→ The help you get must be good enough to support you properly.
What do I do if I'm not happy?

First, you can talk to your assessor.

Next, you can make a formal complaint if nothing has changed.

Ask for help to make a formal complaint.

More Information

You can find more Easy Read information on our website:

www.downs-syndrome.org.uk

You can also find fact sheets on our website for parents and carers about assessments. These will help you and your family or advocate prepare for the assessment.
How we can help

The Down’s Syndrome Association has a helpline. You can call us on **0333 1212 300**. We are happy to answer your questions.

The helpline is open Monday to Friday from 10am until 4pm.

You can also email us at info@downs-syndrome.org.uk

Down’s Syndrome Association

**Address:** Langdon Down Centre, 2a Langdon Park, Teddington, Middlesex TW11 9PS

**Telephone:** 0333 1212 300

**E-mail:** info@downs-syndrome.org.uk

**Website:** www.downs-syndrome.org.uk
The Down’s Syndrome Association provides information and support on all aspects of living with Down’s syndrome. We also work to champion the rights of people with Down’s syndrome, by campaigning for change and challenging discrimination. A wide range of Down’s Syndrome Association publications can be downloaded free of charge from our website.

Contact us

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