

# Self Directed Support



## Factsheet 1

### Outcome Focussed Assessment

#### What is an assessment?

An assessment involves having a conversation about your life. Discussing what is important to you as well as any difficulties you might be facing. The assessment involves bringing together your knowledge about your life, together with the knowledge of others who know you well or who already provide support to you. The purpose of an assessment is to discover the way you want to live your life and any support you need to achieve that.

#### Who will be involved?

A Social Care worker will be responsible for helping you to complete your assessment. People from other services might also contribute information, for example a District Nurse or Occupational Therapist who's in contact with you. The worker will always ask if you are happy for information to be shared between professionals.

The worker will ask about any support you get from carers. With your agreement they will be asked to offer their knowledge, their ideas and opinions.

#### What will the assessment be about?

The aim is to reach an understanding of what is working well in your life and what needs to change. There may be things you want to change or that are important for you to continue.

The areas we might suggest discussion on will include:

- What's working well for you
- How you currently look after yourself
- Difficulties you might have being independent
- Any current support, equipment or services you receive





## What will the assessment achieve?

The aim is to identify your outcomes. We use the word “outcomes” to describe what you want to achieve with your life. The assessment should support you to think about what difference achieving an outcome will make to your life.

- How would you like to live your life?
- What would you like to be able to do?
- What changes would you like to see in life?

As well as outcomes, your assessment will consider risk. Your assessment will try to help you balance the reasonable risks everyone faces in daily life with the importance of staying safe, being as independent as you can and having the quality of life you want.

## Are you eligible for support?

From your assessment we can work out if you are eligible for support from us. Unfortunately, we aren't able to support everyone. We use guidelines to decide who is eligible for help. These guidelines are called the “Assessment and Eligibility Framework” and are based on National guidelines. The aim is to make sure that everyone has fair and equal access to Social Care services.

If we can't provide support we will give you advice and information about other organisations that might be able to help you.

If you are eligible for support from us we will discuss the next stages with you. This includes:

- Choosing the best way to provide your support –  
**see Factsheet 2 - Self Directed Support Options**
- Arranging the support you need –  
**see Factsheet 3 - Making a Support Plan**
- Checking to ensure your support achieves what you want –  
**see Factsheet 4 - Living Your Life and Making Sure it All Works**

## Get in touch

If you or your representative would like more information, please contact:

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