## Camden



# What matters to you – your self-assessment



We have sent you this form because you have been speaking to someone from the adult social care team in Camden



The form lets you tell us about the things you can do and the things you feel you need help with - this will help us to understand the best ways we can support you



When you have filled out the form you can email it to us at

adultsocialcare@camden.gov.uk





or send it to

Adult Social Care, Town Hall, Judd Street, London WC1H 9JE

When we have your completed form, someone from the team will get in touch with you to arrange a good time for a follow up chat

#### **Camden Care Choices**



For information about the types of support that could be available to you, visit

CamdenCareChoices

This information is not in easy read

Your contact details		
My Name	full name	
June 1972	date of birth	
123 4567 1 2 3 4 5 6 2 8 9	phone number	
email	email address	
A Lopez 28 New Street London WC1 4AE	address	
Your GP		
	GP name	
Dr Hussein New Street Practice London WC1 4AE	GP address	
123 4567 1 2 3 4 5 6 2 8 9	GP phone number	

#### Your wellbeing

Complete as much of this next section as you can – your answers will help us to understand the best way to support you





Tell us about the things you enjoy doing and the things that matter to you?

This could be things like seeing family and friends, your pets, baking, playing football or going to the shops (please tell us here)

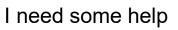
#### How do you complete the following daily activities?

• Looking after your home – keeping it clean, tidy and warm

(only tick 1 box)



I can do this on my own



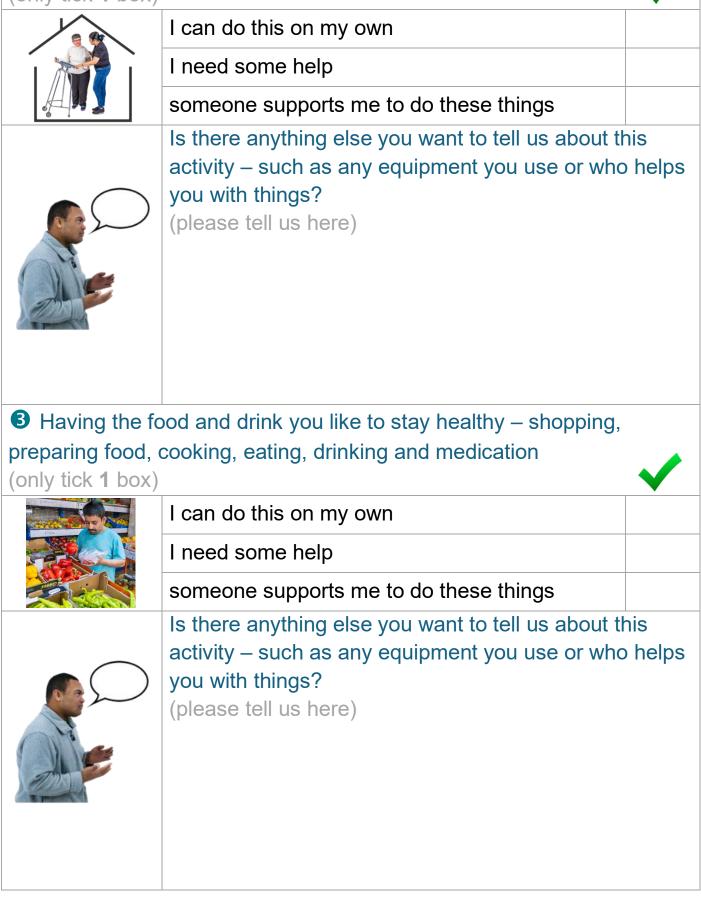
someone does it for me

Is there anything else you want to tell us about this activity – such as any equipment you use or who helps you with things?

(please tell us here)

# Staying safe in your home – moving around safely, managing steps, getting in and out of your home

(only tick **1** box)

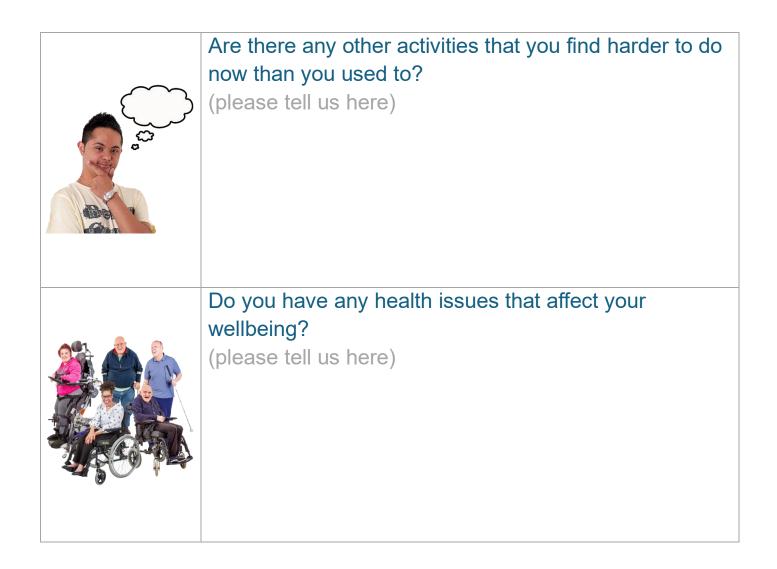


Going to the (only tick 1 box)	toilet		
	I can do this on my own	•	
	I need some help		
	someone supports me to do this		
	Is there anything else you want to tell us about th activity – such as any equipment you use or who you with things? (please tell us here)		
S Keeping your (only tick 1 box)	S Keeping yourself clean – personal hygiene and washing (only tick 1 box)		
R R	I can do this on my own		
	I need some help		
	someone supports me to do this		
	Is there anything else you want to tell us about th activity – such as any equipment you use or who you with things? (please tell us here)		

<b>6</b> Getting dress (only tick <b>1</b> box)	sed	<
	I can do this on my own	•
	I need some help	
Π	someone supports me to do this	
	Is there anything else you want to tell us about th activity – such as any equipment you use or who you with things? (please tell us here)	
<ul> <li>Making and staying in touch with friends and family (only tick 1 box)</li> </ul>		
	I can do this on my own	
St-100 A	I need some help	
	someone supports me to do this	
	Is there anything else you want to tell us about th activity – such as any equipment you use or who you with things? (please tell us here)	

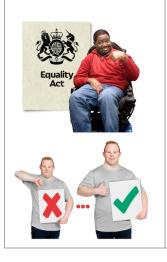
B Parenting or caring responsibilities		
Parenting or caring responsibilities (only tick 1 box)		
	I can do this on my own	•
	I need some help	
	someone supports me to do this	
	I don't have any parenting or caring responsibilities	
	Is there anything else you want to tell us about th activity – such as any equipment you use or who you with things? (please tell us here)	
Using service (only tick 1 box)	es and doing activities in the community	<
	I can do this on my own	•
	I need some help	
	someone supports me to do this	
	I'm not interested in doing this	
	Is there anything else you want to tell us about th activity – such as any equipment you use or who you with things? (please tell us here)	

I can do this on my own	
I need some help	
someone supports me to do this	
I'm not interested in doing this	
Is there anything else you want to tell us about th activity – such as any equipment you use or who you with things? (please tell us here)	



	What support do you get now? This could be support you get from other people that you have not already mentioned, such as neighbours, friends, family or a local organisation (please tell us here)	
	Have you tried to get support from other places before getting in touch with us? (only tick 1 box)	
	yes	
X	no	
?	not sure	
	If you ticked yes, tell us who or where from (please tell us here)	

### You do not have to answer the following questions



If you **do** answer the following questions it will help us to

- understand more about you
- have a better understanding of the people who use our services
- make our services even better and fairer in the future

About you		
What is your ethnic group? (only tick 1 box)		
	asian	
	black	
	mixed	
	white	
	other	
What is your religion,	if you have one? (only tick 1 box)	
	★ 300 (1) (1) (1) (1) (1) (1) (1) (1) (1) (1)	
What is your first language?		
Polski Cymraeg ৰাংলা লিপি الصو مالية	(please tell us here)	
Do you have any other communication needs?		
	(please tell us here)	

Do you go to work? (	(only tick 1 box)
	yes
	no
	I am unable to work
C2346740703	I am retired
What is your sexual orientation? (only tick 1 box)	
	bisexual
	gay or lesbian
	straight or heterosexual
	prefer not to say
	something else (please tell us here)
What is your gender? (only tick 1 box)	
	I am female
	I am male
	I am non-binary
CONFIDENTIAL	I would rather not say
	something else (please tell us here)

# Confidentiality and your personal information

Camden looks after your personal information very carefully
We follow the Government's rules about storing and sharing personal information
<ul> <li>We only share your information with other people when</li> <li>the rules say we can</li> <li>or</li> <li>you have said we can</li> <li>or</li> <li>you or other people may be at risk of harm if we do not</li> </ul>
If you want to know more about how we use your personal information go to <u>easy read adult social care privacy notice</u> <u>https://camdencarechoices.camden.gov.uk/</u> <u>media/5c1gbuqb/asc-privacy-notice-newyour- information-201023.pdf</u> This information is in easy read

# Thank you for filling out this form