

Information Sheet

Things to help you prepare for your assessment conversation

The purpose of a needs assessment is to have a conversation with you so that we can understand:

- your day-to-day life – how things are right now, for you, your whānau and carers
- what types of support might help you, your whānau and carers live the life you want
- how much support you need and at what times of the day.

To give you time to think about the things you would like to share with us, and what is important for us to know, here is a list of topics that we may discuss.

Not all of these may be useful for you and your situation – they are examples to help you prepare.

You may find it helpful to make notes to bring with you to your assessment conversation, so you don't forget anything that you would like us to know about.

We are interested in understanding:

Your daily routines – what are your daily routines, what helps to make the harder parts of the day easier, when you are at your busiest?

The important people in your life – who is important, who provides support, how do you maintain relationships, and what helps your supporters be available.

Your involvement outside of your home – what is your involvement in your community (education, work, culture and recreation) and are there opportunities for you to get involved in.

Your skills and knowledge – what are your life skills, strengths, and interests that help you learn and make you happy.

Keeping yourself safe – how do you manage daily risks.

Your decisions and choices – what do you make decisions about?

If you have carers – how do they take a break, how do they maintain balance in their life, and what else could help them to do that.