

Preparing for your meeting with Adults' Health and Care



My meeting details

Date

Time

Place

About this booklet

This is to help you prepare for your meeting with us . When you have read it, you can write some notes before we come to see you so that we do not miss anything important. You do not have to write anything if you would prefer just to talk to us.

Who will visit you

Your meeting will be with a care worker from the County Council's *Adults' Health and Care* department.

Where will the meeting take place

The meeting will usually be by appointment at your home, at a County Council office or in a care home. If you are in hospital then it is likely to be on the ward where you are.

You can have someone with you, either a friend or a relative, if you would like.

Your appointment could also take place by telephone, instead of a visit, if this is more convenient and practical for you.

If you have a carer, they can also have an assessment meeting to find out how we may be able to support them.

www.hants.gov.uk/socialcareandhealth/carersassessment
or call 0300 555 1386.

About the meeting

We will help you to identify what care and support needs you may have and what you want to achieve to maintain or improve your wellbeing.

Your meeting is an opportunity for us to discuss:

- what you want to get out of life and what is important to you
- what your strengths and capabilities are
- what friends and family are willing to do
- what networks, local community services or charities can help

When we have a full picture of your situation, we can discuss with you the best way to meet your needs.

The Government has set out criteria for when people are eligible for care and support from their local authority. If you are not eligible for help from us, we will always offer you information and guidance.

If you do have eligible needs, there are many different options we will look at with you. This includes help from family and friends and access to local community and voluntary services.

The care worker who visits you will be happy to answer any questions you have.

Before we come

- Think about whether you want to have someone with you, such as a carer, friend or family member.
- Contact us if you need someone independent to support you (an advocate).
- Let us know if you have any communication needs. Do you need help to understand information or need it in a different format?
- Read the leaflet 'Managing your care and wellbeing'. This will help you to think about what you may want to do and the kind of help or support you may be able to access yourself.
- If possible, visit the '**Connect to Support Hampshire**' website. Look in the Community Directory to see what support and activities are available near you.
- Think about:
 - what you want your life to be like
 - what you enjoy doing
 - what you used to do but can no longer manage
 - what might help you to feel more independent
 - who are the people around you who support you

Phone 0300 555 1386

Email adult.services@hants.gov.uk

Website www.hants.gov.uk/adultsocialcare