



My meeting with Adults' Health and Care

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1. About this booklet



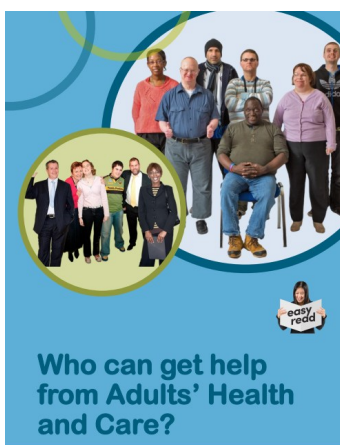
Hampshire County Council wrote this guide.



It tells you what will happen when we first meet you to talk about your care and support.



It will help you to get ready for your visit.



As well as reading this guide, you can also read the booklet called 'Who can get help from Adults' Health and Care'.

**You can find it at:
[hants.gov.uk/socialcareandhealth/
adultsocialcare/learning-
disabilities](http://hants.gov.uk/socialcareandhealth/adultsocialcare/learning-disabilities).**

2. Where will the meeting be?

The meeting may be:



- at your home



- at a County Council office



- in a care home



- or in a community building like a library.



If you are in hospital then it may be on the ward where you are.



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



Your appointment could be by telephone, instead of a meeting, if this is better for you.

3. What happens at the meeting



Someone from the Council will meet you. It will be someone who works for the Adults' Health and Care department.



We will ask you about:

- The things you like to do
- The things you find difficult



- The help you need



- People that help you



- What there is to do near where you live.



We may ask you to show us how you do some things at home. This could be how you make food.



We may ask you to show us how you do some things outside. This could be going to the shops.

4. How long does the meeting take?

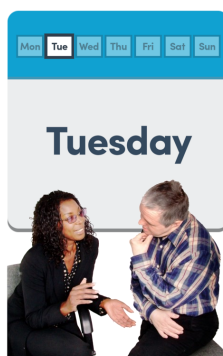
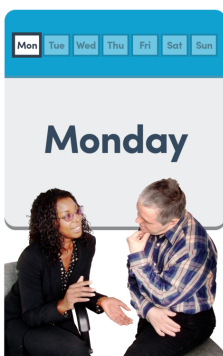


Your meeting will take as long as you need to tell us about yourself

Most meetings take about 30 minutes to 2 hours.



If you meet us in a community building, like a library, you will be given a one-hour appointment.



If you are worried about having a long meeting, we can split it up into smaller visits.

5. Can I have someone with me?



Yes. Lots of people like you have someone with them when we meet them. You may like to bring:

- your carer
- a friend
- someone in your family
- or someone whose job it is to help you.



You are also allowed to meet with us on your own.



You can choose to meet us somewhere else if you live with other people and want it to be private.

This could be in the library or another community building.

6. What should I tell you before the meeting?



It is good to get ready for your meeting before you have it.



You should tell us if you are worried about talking to us.



You should tell us if you think you will find it difficult to talk to someone about what help you need.



It will also be helpful to let us know:

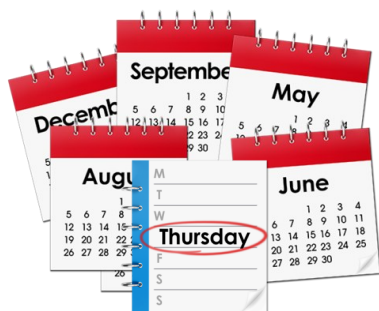
- about any assessments you have had. This could be a health or housing assessment.



- About any care you have arranged for yourself.



- About your religious beliefs



- When is a good date to meet us



- What you like to be called



- If you do not speak English, or if English is not your first language.



- If you find it difficult to tell people what you want to say.



The person coming to meet you will tell you their name and telephone number so you can call them before they come.

7. What I should think about before the meeting



Before we meet you, it would be good to start thinking about what you want to talk about.



Here are some things to think about:

- What do you enjoy doing?



- What things do you find difficult to manage?

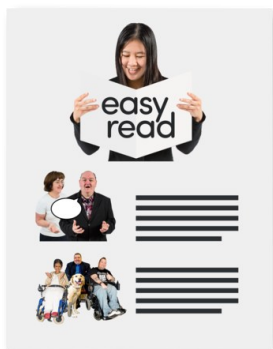


- Do you have ideas about things that would help you?



- Who are the people in your life who help you?

8. What happens after my meeting?



After your meeting we will always give you information and advice to help you.



We will tell you some ways you can do things to help yourself.



This could include visiting the Connect to Support Hampshire website to find groups and activities.



We may be able to help you get some equipment or a housing adaptation. An adaptation is a change to your home to make it easier for you to live in.



We will tell you if we can give you help or support. If we can, we will make a plan to make sure you get the help you need.



We will also tell you if you need to pay anything for your support.

9. How to contact us



Telephone: 0300 555 1386



Website: hants.gov.uk

**For more information about Adults’
Health and Care, visit:**

hants.gov.uk/adultsocialcare

February 2025

