

INFORMATION SHEET 2

GETTING THE BEST FROM YOUR IN-HOME ASSESSMENT

An assessor will visit you in your home for around an hour. You will be asked questions about how you live at home. Think about the following before your assessment!

- **Cleaning and maintaining your home so it is safe to live in** – think about tasks that might be becoming difficult and what equipment you use. This might include things like vacuuming, cleaning wet areas, washing clothes, home maintenance or gardening.
- **Transport** – think about how and when you need to get to medical appointments, shops and social activities.
- **Personal tasks** – think about how you manage your medicines, maintain personal hygiene and stay healthy
- **Safety issues** – think about steps, potential trip hazards, slippery surfaces or anywhere you could have an accident.
- **Social connection** – think about your friendships, social activities and outings in your community

During the assessment

- Have your questions ready. These might include:
 - How long will I be waiting to get support?
 - Who will provide the support?
 - Will it be at times convenient to me?
 - What are the costs?
 - Are there any alternatives?
 - What happens next?

- Where do I go or who do I talk to for more information?
- Have a pen and paper ready
- Write things down if the assessor doesn't do this for you
- Be up front and honest about what is of concern to you, and what is most important to you
- Ask questions if you don't understand anything and clarify the next steps to getting the support you need
- Ask what type of assessment you will be receiving. Is it...
 1. a home support assessment with a Regional Assessment Service (RAS). This is a low level, Commonwealth Home Support Programme [CHSP].
 2. a comprehensive assessment for a home care package, conducted by the Aged Care Assessment Team [ACAT], higher level support
- Ask about what happens next?

Turn over to make notes

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