



Self-Directed Support: The Outcome Focussed Assessment

What is an Outcome Focussed Assessment

This assessment involves having an outcomes focussed conversation about the things that are important to you, while discussing the difficulties you might be facing in everyday life. This assessment will bring together knowledge about your life along with knowledge of others who know you well or those who already support you. The purpose of the assessment is to learn more about the things in your life that matter most to you, and the ways that support and services can enable you to achieve those things.

What will happen during your assessment?

Your support practitioner will work with you to complete your assessment. People from other services may be involved such as a District Nurse or Occupational Therapist if they are currently in contact with you. If your information is to be shared between professionals, your support practitioner will ask for your signed consent at this stage if this has not already been obtained.

Your support practitioner will ask you about any support you get from carers. With your permission, they will ask your carers for their knowledge, ideas, and opinions.

The aim of the assessment is to better understand what matters to you in your life, and what support can enable you to achieve the things which matter to you, otherwise known as outcomes. Areas which might be discussed include what works well for you, any difficulties you are facing, and supports that currently enable your daily living.

Your assessment will consider risks you might face in everyday life, and the risks to your ability to achieve the things that matter to you. This includes any physical, psychological and social risks you may encounter.

Are you eligible for support?

From your assessment we can work out if you are eligible for support. We use guidelines to decide who is eligible for help to ensure that everyone has fair and equal access to services and supports.

How to get in touch with us

If you would like more information, you can get in touch with the Dundee Health and Social Care Partnership:

- Email: dundeehscp@dundeecity.gov.uk
- Telephone: 01382433314
- Post: Dundee & Angus Independent Living Centre, Charles Bowman Avenue, Dundee, DD4 9UB