What is an assessment?

If you think you need some support to manage day-to-day tasks, it can be useful to talk through your situation with someone who can look at the difficulties you are experiencing and who can offer suggestions and advice on support that will help make things easier. This process is called an assessment.

Different organisations can help with assessments. You can apply for an assessment from your local council, or you can approach a private assessment agency. In some cases independent community organisations offer advice and guidance on assessments as well.