

Your assessment will be based on different parts of your everyday life. You can describe your resources (what you can do on your own) and your needs (what you need help with), your goals (what you want to be able to continue doing or want to be able to do more independently) as well as your thoughts on how you can achieve these goals.

Parts of your everyday life can include:



Learning and applying knowledge, or how you find information, solve problems and make decisions.



General tasks and requirements, such as how you cope with daily routines and handle stress.



Communication, how you interpret information, express yourself and use equipment and technology for communication.



Mobility, such as how you use your body, your ability to lift and carry objects, how you move around in different environments and how you use transports.



Personal care is about your ability to take care of your personal hygiene and body, and your ability to take responsibility for your own health and safety.



Home life is about your ability to get a place to live and aspects of taking care of your own home, such as shopping, cooking and cleaning.



Interpersonal interactions and relationships, your ability to create and maintain relationships with other people.



Education, work, employment and personal finances, your ability to get and keep a job, spend money and apply for various things.



Community, social and civic life, your ability to engage in social activities outside your own family, such as participating in leisure activities or voting in public elections.



Sense of security is about how safe or unsafe you feel in different situations.



Personal support from a carer or supporter, for example, if the support you are applying for is also meant to provide support or relief for someone who is currently caring or supporting you.

Your everyday life may be affected by other things around you. These may be things such as:



Environmental factors such as your physical and social surroundings, assistive devices and help from others.

Personal factors such as personal interests, habits and ways of dealing with different situations.

Body structures/functions such as when a part of your body is damaged to the point that functions such as your mobility, sleep, memory, voice or vision are affected.

Health conditions such as various diseases, injuries or diagnoses.