

# I'd like an assessment of my own home.

I am talking to:

Date:

## Before the conversation I have...

- Had a think and made some notes about what I want from my home I as I age.  
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Made a note of what works and what may not be working well in my current home.
- Thought about what my priorities are for any adjustments in my home e.g. falls risk, safety and security, energy efficiency, having guests to stay etc.
- Thought about my physical abilities, and how things might change for me as I age e.g. how do I feel about gardening, vacuuming, climbing stairs etc.
- Asked for some language or communication support if I need it.
- Got ready a pen and paper, glasses or hearing aids, and this checklist, so I can make notes on what is said.
- Made sure that the person I am talking to is able and willing to give me some time and support me in this process.

## During the conversation I will remember to ask...

- My person to repeat things for me, or to say things in a way that makes sense to me. If I want to, I will ask my person to wait while I write things down.
- If I have to talk about my financial status, what is this information going to be used for? How will I know the information is kept private?
- If I am thinking of making adjustments e.g. a new bathroom or a stairlift, what are my options? How urgent is it that I have the changes?
- Who could help me make these adjustments? Where could I look for a reliable tradesperson? Can I get any recommendations for trusted workers?
- Do I have to stop, or avoid doing certain things? e.g. cleaning gutters, heating fewer rooms or filling in garden ponds. And are there any ways I can better help myself make better use of my home on my own?

## Before I finish the conversation I will check...

- Have I told my person everything I wanted to say? Have I asked all my questions? Have I made a note of the answers and do I understand them?  
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For more conversations or appointments, do I have the times, dates, where I need to go, what I need to do in advance e.g. Fill out a form? Provide or seek information? And is it all written down?
- If I am considering having work done, do I know what kind of tradesperson I am now looking for? Do I have an idea about where to get this kind of help?
- That everyone knows that I will be taking my time before making any final decisions and that I can change my mind at any time.
- If there are any local authority, charity, community help, or useful sources of information I can access to make all this easier for me?

