# Camden Adult Social Care – Information Booklet

This information booklet is for adults who have been diagnosed with autism or who self-identify as autistic. It is about the support you could get from **Camden Council's Adult Social Care teams**.

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## Key information about Adult Social Care

You can find **information** and **resources** for **autistic adults** in Camen online at: **https://camdencarechoices.camden.gov.uk/autism**

You can find **information** and a **referral form** for Camden **Adult Social Care** online at: **www.camden.gov.uk/how-adult-social-care-can-support-you**

You can **self-refer**, or ask someone or a **professional** to do this for you.

**Please note:** You have a **legal right to bring a trusted person** with you to any meetings **to help you communicate.** If you do not have anyone to bring, you can ask Camden to refer you for an **independent advocate.**

## What is an Adult Social Care assessment?

There is a law called the **Care Act.** It says you have a right to a free **assessment of your needs** if you have an autism diagnosis and you **appear to need more support**. People who **do not have a diagnosis** can also get support if they appear to need it.

The assessment is done with you by a worker from Camden Adult Social Care.

In Camden, we call the Care Act assessment a "**Conversation**" because we **talk** with you about your **needs** and what a **good life** means to you**.**

The Care Act Conversation **outcome** will say **how to best support you**. It might say you are eligible for paid support.

If you get paid support, you may have to pay towards this. You will need to have a **financial assessment**.

The financial assessment looks at your income, savings and spending. Camden will say how much you need to pay towards your care.

Some people who have been in hospital under the Mental Health Act can get free support after they leave hospital, so they may not need to pay towards care.

After your Care Act Conversation, you will make a **support plan** with your social worker, which says how your needs will be met. This plan will be specific to you, based on help may need to achieve your goals in life.

If you have a **carer**, they can have an assessment of their needs too. In Camden, this is called a **Carer's Conversation**.

If you are supported by a **Mental Health team** in Camden, you can also have a Care Act Conversation. Please ask a member of the team if you want a Care Act Conversation.

**If you think you need support with your mental health, please speak to your GP who can help you get the right support.**

## How can I refer to Adult Social Care?

You can find **information** and a **referral form** for Camden **Adult Social Care** online at: **www.camden.gov.uk/how-adult-social-care-can-support-you**

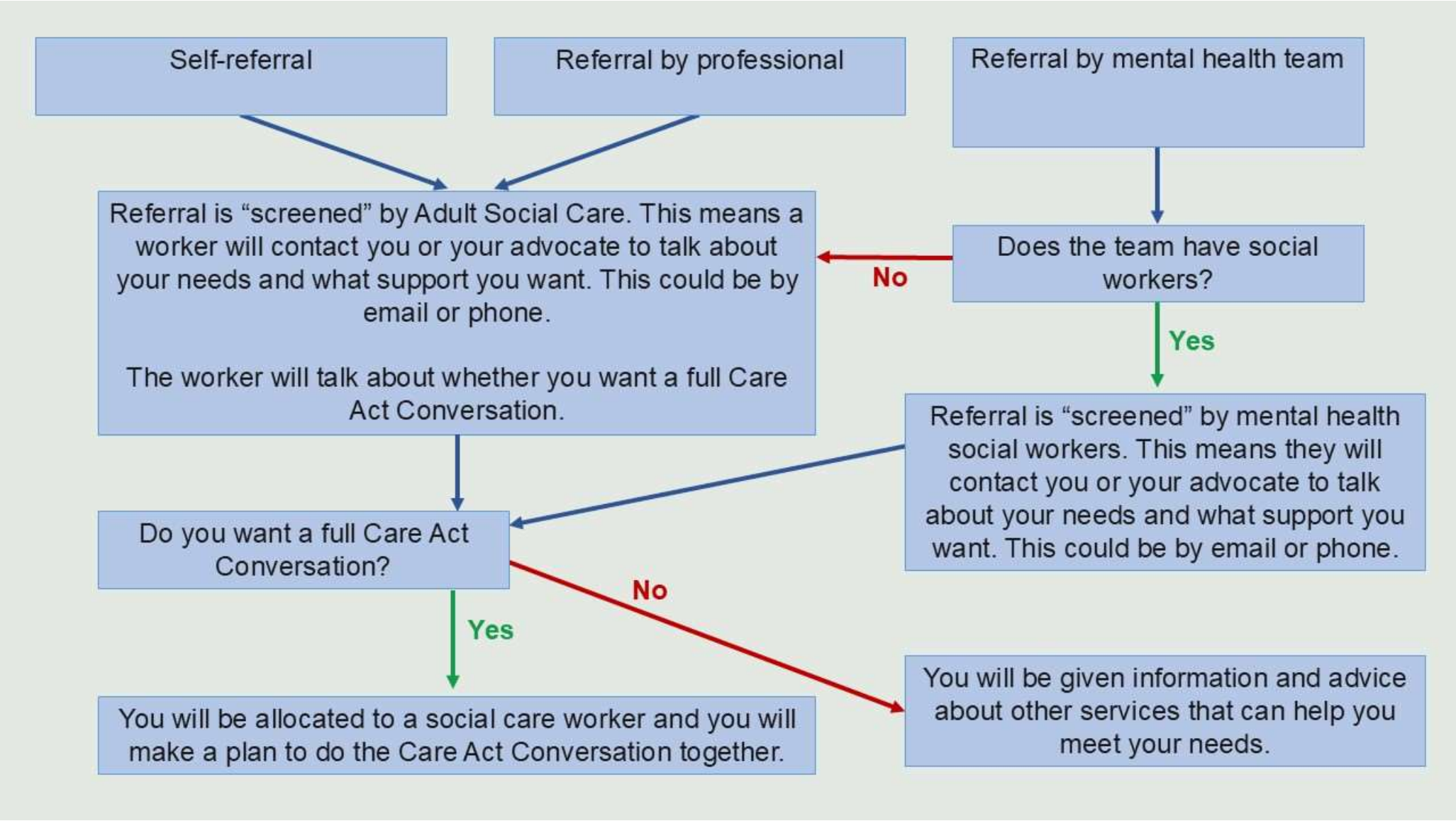
You can **self-refer**, or ask someone else to do this for you.

**Please note:** You have a **legal right to bring a trusted person** with you to any meetings **to help you communicate.** If you do not have anyone to bring, you can ask Camden to refer you for an **independent advocate.**

In your message, please include your full **name**, **date of birth**, and home **address**. List any **mental and physical health conditions** you have.

Please also give as much information as possible about your **needs**, **areas you struggle with,** and what **living a good life** means to you. Please focus on these areas:

| | |
|---|---|
| Eating and drinking | Personal hygiene |
| Toileting | Dressing/undressing |
| Keeping your home clean and tidy | Developing and maintaining personal relationships |
| Mobility | Using services in the community e.g. transport, health, leisure |
| Accessing and engaging in work, training, education, or volunteering | Caring for a child |
| Other – please describe | |

In your message, you can also say **how you prefer to communicate**, for example if you prefer emails to phone calls, or if you want someone else to be contacted for you. Camden has an **Autism Communication Passport** which you can use.

## Flow chart of Adult Social Care processes