

Camden Adult Social Care – Information Booklet

This information booklet is for autistic adults, including those who have been diagnosed and those 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 Camden 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** (for example, people awaiting a diagnostic assessment or people who self-identify) can also ask for an assessment if they appear to need support.

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 allocated worker, which says how your needs will be met. This plan will be specific to you, based on support you may need to achieve your goals.

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 an **NHS Mental Health team** in Camden, you can also have a Care Act Conversation. You can ask a member of the team to refer you.

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 your **mental and physical health conditions** (diagnosed or self-identified).

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 and moving around	Using services in the community e.g. transport, health, leisure
Accessing and engaging in work, training, education, or volunteering	Caring for a child
Other (for example, sensory needs)	

In your message, you can also say **how you prefer to communicate** and ask for **reasonable adjustments**. Camden has an **Autism Communication Passport** which you can use: <https://camdencarechoices.camden.gov.uk/autism/camden-autism-communication-passport/>

Flow chart of Adult Social Care processes

