**OCAN Consumer Self Assessment Guide**

The instructions in this document are meant to help you complete the Consumer Self-Assessment portion of OCAN. Completion of the consumer self-assessment is entirely optional.

Completing the self- assessment can give you a voice in identifying areas that have been a problem (or area of need) in your life over the past month. This information is used to guide conversations with your worker and focus services on your needs. The assessment allows you to explore 24 life domains or areas of your life.

Steps:

1. Read the first life domain in the assessment e.g. (Accommodation) and consider your needs in that area of your life
2. Check off one of the four boxes identify if you have needs in that domain. **Notice that one of the boxes you can tick off is “*I don’t want to answer*”. Feel free to tick this box off on any question you don’t feel comfortable answering.**
3. If you wish, you can provide comments to explain why you feel you have either, no need, an unmet need or a met need so your worker can better understand why you chose your rating.
4. Continue to the next domain until you have completed your Self-Assessment.

*Below are the definitions for each need rating:*

|  |  |  |  |
| --- | --- | --- | --- |
| **Not a Problem – going well** | **Not a problem – because I get help** | **This is a problem** | **Not interested in discussing this** |
| **NO NEED** | **MET NEED** | **UNMET NEED** | **I DON’T WANT TO ANSWER** |

