

O CAN: Consumer Self-Assessment Component

Ontario Common Assessment of Need (OCAN)

Form Version 3.0 (Updated May 2020)

What is the Consumer Self-Assessment?

➤ **Have your own voice heard**

This organization uses OCAN to understand your needs. We invite you to complete this brief self-assessment that captures areas of your life where you need support and where things are going well. Completing the self-assessment helps us to focus on services that support the needs you have identified.

➤ **You decide what you would like to share**

The self-assessment is optional. When completing the self-assessment, you can choose not to respond to questions you're not comfortable with. Your decision on whether or not to complete all or parts of the self-assessment will not change the services you're accessing.

➤ **Why we encourage you to complete the Self-Assessment:**

- Gives you a voice by capturing your perspective
- Services and supports are directed to areas that are most important to you
- Only respond to questions that you feel comfortable discussing

Ministry of Health**Name:****Date of Birth (YYYY-MM-DD):****Start Date (YYYY-MM-DD):****Completion Date (YYYY-MM-DD):****How do I complete the Self-Assessment?**

The self-assessment covers 24 life domains or areas of your life. The following steps will help guide you to complete the assessment. Let your worker know if you need help.

1. Read the first life domain in the assessment e.g. (Accommodation) and consider your needs in that area of your life.
2. The questions just beneath the domain are there to help you think about whether this is a problem (area of need) and whether you're getting the help you need.
3. Check off one of the four boxes identifying your need rating in that domain using the definitions below. Notice that one of the boxes you can tick off is "I don't want to answer". Feel free to tick this box off for any domains you don't feel comfortable answering.
4. You are encouraged to provide comments so your worker can better understand your situation.
5. Following the 24 domains, there are 5 questions. Responding to these questions will capture what's important to you, your strengths and your recovery goals.

No Need = this area is not a serious problem for me at all

Met Need = this area is not a serious problem for me because of the help I am given

Unmet Need = this area remains a serious problem for me despite any help I am given

I Don't Want to Answer = I prefer not to respond

No Need = this area is not a serious problem for me at all
Met Need = this area is not a serious problem for me because of the help I am given
Unmet Need = this area remains a serious problem for me despite any help I am given
I Don't Want to Answer = I prefer not to respond

1. Accommodation

Are you happy with the place you live in or has it been a problem (an area of need)? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

2. Food

Has getting food that suits your dietary needs been a problem (an area of need)? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

3. Looking After the Home

Has keeping your home tidy been a problem (an area of need)? This could include cleaning and laundry? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

4. Self-Care

Has maintaining your personal hygiene been a problem (an area of need)? This could include challenges accessing or using products/facilities. Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

5. Daytime Activities

Have daytime activities been a problem (an area of need)? This could include work, education or leisure activities. Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

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Unmet Need = this area remains a serious problem for me despite any help I am given
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6. Physical Health

Has your physical health been a problem (an area of need)? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

7. Psychotic Symptoms

Have symptoms of psychosis been a problem (an area of need)? These could include feeling like you're being watched or hearing voices that interfere with your daily life? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

8. Information on Condition and Treatment

Has understanding your mental health condition and recommended services/treatments been a problem (an area of need)? Are you getting the information you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

9. Psychological Distress

Have symptoms of depression or anxiety been a problem (an area of need)? These could include feelings of sadness or worry that interfere with your daily life. Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

10. Safety to Self

Have thoughts and/or acts of harming yourself been a problem area (an area of need)? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

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11. Safety to Others

Have thoughts and/or acts of harming others been a problem area (an area of need)?
Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments

12. Alcohol

Has alcohol use been a problem (an area of need)? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

13. Drugs

Has drug use been a problem (an area of need)? This could include illicit drugs or misuse of prescription drugs. Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

14. Other Addictions

Have other addictions been a problem (an area of need)? Other addictions could include gambling, overuse of electronic devices or smoking. Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

15. Company

Has your social life been a problem (an area of need)? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

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16. Intimate Relationships

Have close personal relationships been a problem (an area of need)? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

17. Sexual Expression

Have your sex life and sexual health been a problem (an area of need)? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

18. Child Care

Has looking after your children been a problem (area of need)? This could include access to child care or parenting. Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

19. Other Dependents

Has looking after other dependents been a problem (an area of need)? Other dependents could include elderly parents and pets. Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

20. Basic Education

Has reading, writing or basic math been a problem (an area of need)? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

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21. Communication

Has accessing or using a phone or computer been a problem (an area of need)? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

22. Transport

Has transportation been a problem (an area of need)? This could include getting to and from appointments and daily activities. Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

23. Money

Has managing your money been a problem (an area of need)? Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

24. Benefits

Has accessing the benefits/money you're entitled to, been a problem (an area of need)? This could include Ontario Works, Disability Support Program and Drug Benefit. Are you getting the help you need?

No Need Met Need Unmet Need I Don't want to Answer

Comments:

Please write a few sentences to answer the following questions:

What are your strengths and skills?

What are your hopes and goals for the future?

What do you need to accomplish your hopes and goals?

Is spirituality an important part of your life? Please explain.

Is culture (heritage) an important part of your life? Please explain.