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## Information about the I-CAN Assessment

The Instrument for the Classification and Assessment of Support Needs (I-CAN) is a holistic, person-centred assessment that looks at your support needs across everything you currently do and want to do.

There can be a lot of questions in the I-CAN interview, you can let the assessor know if an area of the assessment isn't relevant to you (e.g. you have no support needs in this area) and that section can be skipped. Also, if you need to have a break at any time, you can let the assessor know. Obtaining any recent reports or background information prior to the assessment can be helpful as this can help to reduce the assessment duration. In the I-CAN assessment we will cover what your current supports are, any gaps in your support and any goals you have for the future.

Sometimes private information is discussed in an I-CAN. Your assessor will work with you to make sure you are comfortable when private information is shared.

The assessment covers 12 domains, below is a little bit of information about each of the domains and what is covered. This might help you think about what you might like to talk about when we do the I-CAN assessment interview(s)

- 1) **Mobility:** this covers how you move about, any equipment you need to get about and any transport support needs.
- 2) **Domestic Life:** this covers shopping, cooking, cleaning and household maintenance. We will talk about what you do yourself, what you need help with and what others might do for you.
- 3) **Self-care:** this covers any support you need to take care of your personal care including showering, dressing, going to the toilet, shaving, brushing your teeth & hair and anything else relevant to you. We will also discuss whether you need any specific preparation, or equipment.
- 4) **Community, Social & Civic Life:** This covers how you manage your money, how you advocate for yourself, what you like to do out and about in the community, including any recreation or leisure.
- 5) **Communication:** this covers your preferred methods communicating and any support needs you have.
- 6) **Learning & Applying Knowledge:** this covers how you are best supported to learn something new, how best make decisions, managing your time and any supports you need with reading, writing, or understanding numbers.
- 7) **General Tasks & Demands:** this covers how you manage your daily routine, including any medications you take. We will also talk about managing your safety and risks.
- 8) **Lifelong Learning:** this covers education and employment. We will talk about any supports you need if you are currently working or looking to find or apply for a course or a job (if relevant).
- 9) **Interpersonal Interaction & Relationships:** this section is about the important relationships in your life, your friends, family and intimate relationships (if relevant).
- 10) **Behaviour of Concern:** this section covers any behaviours you may use; this includes behaviours that might cause harm to you or others.
- 11) **Mental & Emotional Health:** this section is about your mental health. We can talk about any specific support needs you have to help you manage your mental health and stay well.
- 12) **Physical Health:** this section is about any additional health support needs you have. We will talk about your sleep, any pain you may experience and other health issues.