

# WHAT IS A MENTAL CAPACITY ASSESSMENT?

**A Mental Capacity Assessment looks at how well you can do these 4 things:**

1. Understand
2. Remember
3. Know the good and bad
4. Tell people

**This could be about your safety, decisions about your life and your health.**



## WHY IS MY MENTAL CAPACITY BEING ASSESSED?

THERE MAY BE A CONCERN ABOUT YOUR SAFETY – like crossing the road.



A DECISION MAY NEED TO BE MADE FOR ME - where I need to live.



A DECISION MAY NEED TO BE MADE FOR  
ME - about my money.



HEALTH REASON – maybe the dentist or  
doctors



## 5 RULES OF CAPACITY

1) PEOPLE NEED TO PROVE YOU CAN'T MAKE CERTAIN DECISIONS FOR YOURSELF.



2) PEOPLE YOU KNOW SHOULD GIVE YOU ALL THE HELP YOU NEED TO MAKE YOUR CHOICE - for example, pictures, symbols, videos, signing, time to think.



Communicate

3) OTHER PEOPLE MAY NOT LIKE YOUR CHOICE – This doesn't mean it's wrong.



4) THE DECISION BEING MADE SHOULD BE THE BEST ONE FOR YOU AND NOT ANYONE ELSE.

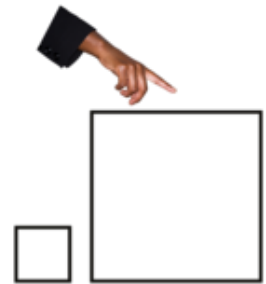


5) THE DECISION SHOULD GIVE YOU AS MUCH FREEDOM AS POSSIBLE.



# IF A DECISION IS MADE FOR YOU THEN IT SHOULD:

- Be in your 'best interests'
- Be least restrictive
- Have important things about you in it
- Include you
- Ask can you do it later, yourself
- How you feel now and long ago
- Include your family and friends who know you



**WHAT IS THE DECISION THAT IS BEING  
MADE?**

?



**HOW I FEEL ABOUT IT...**







**HOW I WOULD LIKE TO BE INVOLVED...**



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**WHAT I WOULD LIKE TO HAPPEN...**



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# BREAKING NEWS...



People have to prove  
you don't have capacity  
for each decision that  
needs to be made!

**A SPACE FOR NOTES, DRAWING OR IGNORING...**

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