

The RAS Questions

One statement should be chosen under each of the headings

Section 1 Access to the Community	
1A Out and About	
I am happy with what I do in my community. I don't require any help.	0
I need some help to continue to do the things I want to in the community, or to do more. (eg I need some help once or sometimes twice a week)	0
I need lots of help to continue to do the things I want to in the community, or to do more. (eg I need some help two or three days a week)	1
I want a lot of access to my community but I always need help to do this	2
1B Work, Learning and keeping busy	
I already do as much as I want. I don't need any help to keep doing them.	0
I need some help to keep doing the things I want, or to do more. (eg I need some help once or sometimes twice a week)	0
I need lots of help to keep doing the things I want, or to do more. (eg I need some help two or three days a week)	1
I want to keep busy most days but I always need help to do this.	2
Section 2 Every day Tasks	
2A Purchasing and Preparing Food	
I am able to purchase and prepare food and drinks.	0
I need some help to purchase and/or prepare food and drinks. (eg help with opening packages or occasional heavy shopping)	0
I need lots of help to purchase and/or prepare food and drinks. (eg I can prepare my own meals but I can't do my shopping without support)	2
I am unable to purchase and/or prepare food and drinks without support and this need to be done for me or with me.	3
2B Eating and Drinking	
I am able to feed myself.	0
I need some help to feed myself (eg cutting up food).	0
I need to be encouraged or helped to eat.	2
I unable to feed myself without support and this needs to be done for me or with me.	5
2C Meeting My Personal Care Needs	
I can manage all my personal care needs.	0
I sometimes need help to meet my personal care needs, but not every day.	0

I need help once every day with some personal care needs	2
I need help several times a day with my personal care needs	4
I am unable to meet any of my personal care needs without help and this needs to be done for me or with me.	6

Section 3 Relationships	
3A Developing and Maintaining Positive Relationships	
I have the friendships that I want and don't need any support with this.	0
I have the friendships that I want but I need some support to help me manage them. (e.g. help keeping in touch)	0
I want to have more friends but I need support to make contact with new people.	0.5
I want to have more friends but I need a lot of support to make new friends and to manage my friendships.	1
3B Family Relationships and Responsibilities	
I do not have parenting or carer responsibilities.	0
I do not need support with my role as parent or carer.	0
I need some support with parenting tasks or some support in my role as a carer.	0
I need lots of support with parenting tasks or a lot of support in my role as a carer.	1
I am unable to fulfil my parenting or support role without support	2
Section 4 Risk and Safety	
4A Keeping myself safe	
I understand risks and can keep myself safe	0.25
I am sometimes unaware when I am in a situation where I could be harmed or taken advantage of	1
I don't know when I am in a situation where I could be harmed or taken advantage of	1.5
4B keeping others safe	
I understand risks and can keep other people safe	0.25
I sometimes do things which people find upsetting or difficult. But no-one ever gets hurt	0.5
I sometimes do things that other people find difficult or upsetting and sometimes people get hurt. I need a little bit of help to manage this.	0.75
I am often unaware when I am in a situation where I could hurt other people or things. I need a lot of help to manage this	1.5
I don't know when I am in a situation where I can hurt other people or things. I need help all the time to manage this	1.5
4C Keeping safe at home	
I am able to keep myself safe at home	0
I have had accidents at home but can keep myself safe in future	0
I have had accidents at home and need help to ensure I don't have more	3
4D Health Risks	
I am able to predict and manage my health needs.	0
My health does change and sometimes I require some support to manage this	0

My health can deteriorate suddenly and unpredictably. I need extra support to help me manage this.	2
I receive NHS funding for my Continuing Healthcare needs.	0

Section 5 Support	
The Support I need	
5A How much support I need every day	
I do not need support on a daily basis	0.5
I need or may need some support during the day. (eg once or occasionally twice a day)	1
I need lots of support during the day. (eg I need support twice or more every day)	2
I need constant support during the day	3.5
I need support during the day and night.	5
I need constant support day and night. (nb if you need support at night and this can't be provided by the people you live with then you should choose this statement)	8
5B Making important decisions about life	
I am able to make important decisions and make sure I stay safe. I can manage this on my own.	0
I sometimes need support to make decisions and to stay safe.	0
I need a lot of support to help me make decisions and to stay safe.	2
I always need support to make decisions and to stay safe.	3
Where my support comes from.	
5C Support from Family and Friends	
I will get all or nearly all the support I need from family and friends. (eg more than 95% of my needs)	0
I will get most of the support I need from family and friends. (eg more than half of my support needs) OR I will get lots of support from my family and friends but they need one or two breaks through the year.	0.5
I will get only some of the support I need from family and friends. (e.g less than half of my support needs) OR I will get lots of support from my family and friends but they need 3 or more breaks through the year.	1
I will get none or only very little of the support I need from family or friends. (e.g. I get no support from them or I have very high needs and they are only able to provide occasional help with things like decision making)	3
5D Paid Support (for social care needs – ie not general housework or gardening etc)	
I do not have or need paid support.	0
I have or need a meal delivery service but no other paid support.	0
I have or need some paid support (i.e. I need one visit a day or an irregular pattern of support of less than 8 hrs per week)	1
I have or need lots of paid support (i.e I need two or more visits a day or an irregular pattern or support of more than 8 hrs per week)	3
I have or need a great deal of paid support (eg 30 or more hours per week)	4.5
I have or need paid support 24 hours a day, 7 days per week 52 weeks per year.	15
5E Additional Paid Support	
I do not need more than one paid carer to support me.	0

I need some support from two paid carers at the same time.	10
I need lots of support from two paid carers at the same time	20
I need constant support from two paid carers	40

ALGORITHM

$$(1A+1B)*(4A+4B) + (2A+2B+2C)*(5C+5D) + (3A+3B) + (4C+4D) + (5A*5C+5D) + (5B+5E)$$

Section 1 'Access to the Community' * Section 4 A&B 'Risk and Safety' to self and others

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Section 2 'Every Day Tasks' * Section 5 C&D 'Where my support comes from'

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Section 3 'Relationships'

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Section 4 C&D 'Risk and Safety' Health and Accidents at Home

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Section 5A 'How much support I need every day' * Section 5 C&D 'Where my support comes from'

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Section 5B &E 'Making Decisions' & 'Additional Support'