# Self-Assessment questionnaire



If you have a health condition, injury or disability we need to understand how this impacts on your ability to work.

We want you to tell us about your work background and your health. When you answer these questions we'll be able to work out the best way to help you.

You can choose someone to help you answer the questions if you want.

To answer the questions you'll need to:

How to fill in this questionnaire

- tick the box next to the statement that you think best describes your situation or
- write in the space provided.

Please bring this questionnaire with you when you next meet with us.

# Tell us about yourself

If you've received a benefit or extra financial help from us before, write your client number here if you know it. This number can be found on your Community Services Card if you have one.

Client number			
Tell us your details       1         2	What is your full name?   First and middle names   Surname or family name   What date were you born?   What date were you born?   Day Month Year		
WORK AND INCOMI TE HIRANGA TANGATA	E HDS016	- MAY 2020 Page 1	

# Tell us about your work

#### HOW TO ANSWER Q3:

This could include things like community work, organising church events, caring for children, using a computer, coaching sports teams.

Describe the things you like to do, enjoy and the skills you've gained. Think about things like sport, hobbies, volunteering and work experience you do or have done. What did you enjoy and what skills do you think you've gained?

4

## What sort of work would you like to do in the future?

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### What sort of work do you think you'd be good at?

6	<ul> <li>What sort of jobs have you done in the past?</li> <li>Tick the one that best describes the kind of work you have done.</li> <li>Work I've done has mostly involved heavy physical work</li> <li>Work I've done didn't involve much heavy physical work</li> <li>Work I've done has been a mix of jobs, some physical and some not</li> <li>I haven't had a job</li> </ul>
Tell us what you expect         7	When do you expect to get a job or, if you're working part-time, when do you expect to increase your hours? <ul> <li>Please tick one of the following</li> <li>within the next 3 months</li> <li>within the next 6 months</li> <li>within the next 12 months</li> <li>Idon't think I'll ever be able to work</li> <li>Idon't think I'll ever be able to work</li> <li>Idon't really know</li> </ul> When I get a job I may need workplace support with: <ul> <li>Please tell us how much support you'll need for each one</li> </ul> Reading         Not at all         Sometimes         Most of the time           Writing         Not at all         Sometimes         Most of the time           Hearing and/or talking with people         Not at all         Sometimes         Most of the time           Physical access and/or moving around at work         Not at all         Sometimes         Most of the time           Lifting and carrying         Not at all         Sometimes         Most of the time           Getting on with people at work         Not at all         Sometimes         Most of the time           Laring new jobs, remembering things or understanding what people         Not at all         Sometimes         Most of the time           Wanaging tiredness or fatigue         Not at all         Sometimes         Most of the time </th

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