

## Assessment and recording



Assessment is the process that identifies what people want and need to achieve in order to maintain or improve their wellbeing. An assessment may have different focuses, dependent on the type of situation or need being experienced.

This selection of learning resources about assessment and recording can be used to support evidence-informed practice with adults.



### Read

Longer read: [Embedding human rights in assessment for care and support: Frontline Briefing \(2020\)](#)

Longer read: [Preparing for the Liberty Protection Safeguards: Practice Guidance \(2021\)](#)

Longer read: [Difficult conversations in social care: Frontline Briefing \(2023\)](#)

Various resources: [Good decision-making in adult social care: Change Project Resources \(2025\)](#)



### Watch

50 minutes: [Recording strengths-based conversations: Video \(2019\)](#)

7 minutes: [Non-violent communication: Video \(2023\)](#)



### Listen

Series of short audio resources: [A lived experience perspective on adult social care practice \(2021\)](#)



### Tools

[Virtual conversations: Practice Tool \(2021\)](#)

[Good Assessment Practitioners' Handbook: Second edition \(2022\)](#)

[Assessment: Brief Guide \(2018\)](#)

[Good recording: Practice Tool \(2017\)](#)

[Learning Pathway: Critical reflection and analysis \(2024\)](#)

[Navigating Complex Capacity Decisions in Social Care: Practice Tools \(2025\)](#)



### Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '[Your CPD](#)'.

For more resources, explore the [assessment topic page](#).