



## Assessment Interview for Personal Assistance

As part of your application for personal assistance, you will be invited to an assessment interview with the municipality and/or the Swedish Social Insurance Agency (Försäkringskassan). We understand that this may feel like a big step, and we want to make the process as clear and secure as possible for you.

During the interview, you will have the opportunity to describe the needs of the person applying for assistance and how these needs affect daily life. The questions aim to provide a clear picture of how much time various activities take — for example, how you support your child in everyday situations.

We appreciate your honesty and openness during the interview, as this helps Försäkringskassan or the Municipality to make a fair decision. It is important to describe the needs as truthfully as possible, without exaggeration.

If assistance is granted based on your information and it later turns out to be incorrect, you may be required to repay the compensation received.

We understand that no two days are the same, and that certain tasks — such as feeding your child or helping with toileting — can take varying amounts of time depending on the circumstances. Therefore, the interviewer will work together with you to gain an understanding of the average time required.

You are encouraged to describe what may influence the time needed for each task, such as if your child sometimes resists, throws food, or needs extra time and support. We want you to feel safe sharing your unique situation. By being thorough and honest in your descriptions, you help us gain a clear understanding of your needs so that we can provide the right support.

Normally, a two-hour time slot is scheduled, so there is no need to feel stressed. A supervisor from Alvi will be present to support you during the interview.

Below are examples of the areas the interviewer will ask you to describe, as well as how much time (in minutes) each activity takes:

### Your housing situation

- Waking hours – When your child normally goes to bed and wakes up

- If he/she takes daytime naps
- Outdoor activities – needs
- Have you needed to adapt the home? If yes, how?
- Does the child use any tools to communicate?
- Does your child require help with breathing?

## Personal Hygiene

- Showering, times/day – Weekdays – Weekends
- Dressing/undressing before and after shower
- Can he/she wash themselves in the shower/bath?
- Can he/she wash their hair?
- Does he/she need help drying off after showering?
- Does he/she need help applying lotion after shower or bath?
- Dressing after shower
- Can he/she brush their teeth independently? How often do you brush?
- Hair care – such as washing, cutting, etc.
- Nail care – hands – how often?
- Nail care – feet – how often?
- Washing hands – how often?
- Washing face – how often?
- Does your child wear a diaper? How often is the diaper changed? Briefly describe a diaper change.
- Does your child wet the bed at night – need to change bed linens?

## Bathroom needs

- How often on a non-school day
- How often on a weekday
- Describe the help he/she needs during toileting
- Supervision
- Help with washing afterward
- Help removing clothes before the toilet visit
- Help dressing afterward
- Does your child wet themselves?

## Dressing and Undressing – Outerwear

- Does he/she need help putting on outerwear?
- Jacket
- Winter pants
- Shoes
- Does he/she need help removing outerwear?
- Jacket
- Winter pants

- Shoes
- How often does this occur per day – weekday and non-school day?

## Meals

- Does he/she need help with feeding?
- Does he/she eat anything independently?
- How often do you eat meals?
- Do you need to portion or arrange the food?
- Describe what a typical mealtime looks like.

## Support the Child Needs to Maintain Their Health

- Medications – Who administers them? How long does it take?

## Training/Exercise

- Does he/she follow any training programs prescribed by healthcare professionals? For example, to improve speech or other skills.
- How much time is spent on this?
- Who performs the training with the child?

## Support for Social Participation, Interaction, and Leisure Activities

- Describe the help your child needs to participate in the community, socialize with others, play, or take part in leisure activities.
- How much time per day is spent on various leisure activities, approximately, on school days and on days off?