



IHSS Reassessment Checklist

BE PREPARED. STAY ORGANIZED. PROTECT THE CARE THEY NEED.

Use this checklist to help you prepare for your IHSS reassessment. Having the right information ready can help ensure the social worker understands your loved one's current needs.



1. REVIEW CURRENT NEEDS

Take time to review your loved one's current condition and daily care needs.

- ☐ Review any changes in health, mobility, or cognition
- ☐ List all current care needs and assistance provided
- ☐ Note any new or increased safety concerns
- ☐ Identify tasks that take more time or effort
- ☐ Include nighttime care needs, if applicable



2. GATHER IMPORTANT DOCUMENTS

Organize relevant records to support your loved one's needs.

- ☐ Updated medication list
- ☐ Recent medical records or doctor's notes
- ☐ Hospital or ER visit summaries
- ☐ Therapy evaluations (PT, OT, speech, etc.)
- ☐ Cognitive or behavioral assessments
- ☐ Previous IHSS Notice of Action
- ☐ Regional Center documents (if applicable)
- ☐ Any new diagnoses or changes in condition



3. PREPARE FOR THE VISIT

Make sure everything is ready before the social worker arrives.

- ☐ Review your daily routine and care tasks
- ☐ Keep a caregiver log or notes available
- ☐ Have your documents organized in a binder
- ☐ Make sure mobility aids and adaptive equipment are accessible
- ☐ Ensure a family member or caregiver is present
- ☐ Write down questions you want to ask
- ☐ Keep pets secured during the visit



4. DURING THE ASSESSMENT

Communicate clearly and completely.

- ☐ Describe the full level of assistance required
- ☐ Explain how often each task is needed
- ☐ Be honest about good days and difficult days
- ☐ Provide examples of safety risks and incidents
- ☐ Avoid minimizing the care you provide
- ☐ Clarify misunderstandings if needed
- ☐ Take notes during the visit



5. AFTER THE ASSESSMENT

Follow up and review the results.

- ☐ Write down key details from the visit
- ☐ Watch for the Notice of Action in the mail
- ☐ Review the authorized services and hours carefully
- ☐ Compare the decision to your documented needs
- ☐ Act promptly if you need to appeal or request a reassessment
- ☐ Keep a copy of all documents for your records



YOU'RE NOT ALONE

Freedom Advocacy Group is here to help you navigate the IHSS process, from reassessments to appeals and beyond.

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