



ZOE KNOWLEDGE · AT A GLANCE

Prepare for your assessment

Describe your daily life honestly and clearly.

The essentials

The focus is on independence in everyday life. Prepare concrete examples, any documents you already have and, if you wish, someone you trust to accompany you.

Your practical steps

01 · Daily life, not just diagnoses

Note what you can manage independently and when you need help, reminders, guidance or supervision. Include difficult nights and differences between good and bad days.

02 · Documents and support

Prepare existing medical and hospital reports, your medication plan and any care records. Ask someone familiar with your daily life to attend.

03 · Your wishes and questions

Tell the assessor about communication needs in advance. Explain your own goals and difficulties. Afterwards, note open questions and any documents still needed.

Good to know

The assessment considers independence across different areas of life. It is not an exam: do not act out an unusually good or unusually bad day.



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Your next step

Prepare for your assessment

Your checklist

- ☐ Your own wishes and everyday difficulties noted
- ☐ Someone you trust asked to come along
- ☐ Existing reports and medication plan ready
- ☐ Communication needs notified in advance

Questions for my appointment

Which three everyday situations best show my support needs?

Who can add useful observations during the appointment?

What I will do next

Who can support me?

By when?

My notes

Sources & full guide

Medizinischer Dienst

Read the complete guide: zoe-pflegeberatung.de

General guidance. Check individual entitlements with your care insurance fund. Zoe provides additional private advice; scope and costs are agreed in advance.