

CHC / DST PREPARATION

The Essential NHS Continuing Healthcare (CHC) Assessment Preparation Checklist

Prepare with confidence before your Checklist or Decision Support Tool (DST) assessment — what to gather, what assessors look for, and the questions to ask.

Being prepared can make a real difference to how a CHC assessment goes. Use the checklist below to gather the right evidence beforehand, understand what assessors are weighing up, and walk in ready to ask the right questions.

Documentation to Gather

- | | |
|--|--|
| ☐ Latest care plan | ☐ Behaviour charts |
| ☐ MAR chart (medication administration) | ☐ Falls records |
| ☐ GP summary | ☐ Weight charts |
| ☐ Hospital letters | ☐ Food & fluid charts |
| ☐ Care records | ☐ Therapy reports |

What Assessors Weigh Up

- Intensity
- Complexity
- Unpredictability
- Frequent interventions
- Deterioration
- Risks if care isn't provided

Why this matters: CHC funding is awarded on *care needs*, not diagnosis. Two people with the same condition can receive very different outcomes depending on how well their day-to-day needs are evidenced — that's why the documents above matter more than the label on the paperwork.

Your Notes

● Questions to Ask at the Meeting

Why was this level chosen?

What evidence supports it?

Has all the evidence been considered?

Can I receive a copy of the DST?

● Common Mistakes to Avoid

- ✗ Focusing on diagnosis instead of care needs
- ✗ Underestimating the level of support required
- ✗ Forgetting to mention night-time care
- ✗ Attending without reading the care records first

Need More Help?

The Complete Guide to NHS Continuing Healthcare (CHC) walks through every DST domain, how to gather strong evidence, and how to appeal a decision — everything in this checklist, in full depth.

carentis.co.uk/product/complete-guide-to-nhs-continuing-healthcare-chc



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"Good care begins with good information." — Carentis

About Carentis



Founded by a registered nurse with over 20 years across critical care, clinical leadership, dementia services and care home operations — Carentis exists to help families understand the care system before and during the moments that matter most. More free guides on care homes, dementia and CHC funding are available at carentis.co.uk/free-resources.