

Personal Budgets



Take control of your life

A leaflet for everyone

January 2012

What are Personal Budgets?



Personal budgets is the way Southend Council will give you money for social care support.

The money must be spent on your support. You can spend the money in ways that make sense to you.

You can get a personal budget if you are aged 18 or over. There are rules about who social services can help. This makes sure we can support the people that most need it.

You might hear people say **Self-Directed Support**. This is another way of talking about how you have more control over your support and can make choices about how the money is used.

What this leaflet is about

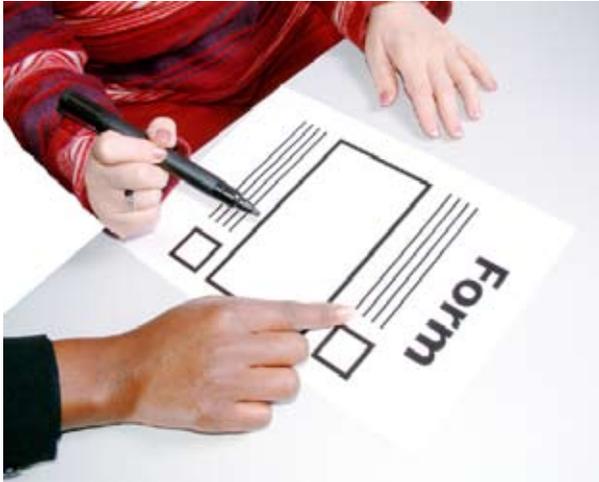


This leaflet explains 6 steps to being in control of your support. These are:

1. Find how much money you can get.
2. Make your support plan.
3. Get your support plan agreed.
4. Sort out your money.
5. Live life and use your plan.
6. See how it worked.

Being in charge of your support gives you more control over your life. People will work with you at each stage.

1. Find out how much money you can get



The amount of money that your support costs is your personal budget.

You fill in a form called a **Support Needs Questionnaire** to find out what your support would cost.

This form shows what support you need to live a healthy, safe and independent life. You can have help to fill in the form.

The Support Needs Questionnaire will show how much money you are likely to get to support you. The amount of money might change after your support plan is agreed.

2. Make your support plan



‘Thinking of my plan was a good experience because it gave me time to think how I wanted my life to be, what I wanted to be doing.’

George Doubleday
www.in-control.org.uk

Your **support plan** shows how you will spend the money. You can have help to write your support plan. It will show:

1. What is important to you and the support you need.
2. What you want to change or achieve.
3. The support you will get.
4. How you will use your personal budget.
5. How your support will be managed.
6. How you will stay in control.
7. An action plan.
8. A back-up plan that says what you will do if something unexpected happens. It should include how you will keep yourself safe from abuse.

3. Get your support plan agreed



Social services needs to see and agree your plan. They will then work out how much money you will get. Your social worker will check:

- your plan will keep you healthy, safe and independent.
- the amount of money is reasonable for your support needs.
- the right person is in control of your budget. This needs to be someone who will plan to spend the money in a responsible way.

We might need to make changes to your plan. We will agree a final version of your plan and the exact amount of money you will get.

4. Sort out your money



'I have an individual budget because I have a visual impairment. I use the money for my PA who helps with practical jobs. I have complete control but didn't want the worry of organising money. I use an agency to organise my money.'

Cindy Peacock
www.in-control.org.uk

You can choose how to manage the money.

- you can get the money as a **direct payment**. Direct payments are paid to you monthly. We can give you more information about direct payments.
- you can choose someone to look after the money for you. (Someone can also sort out the money if it isn't possible for you to do so yourself.)
- you can do a bit of both. You make some of the decisions about your support and other people can help with the money.

You must spend your personal budget on the things agreed in your plan. This is because the money is for the important things in life - like keeping healthy and safe.

5. Living life and using your plan



“I can use the money in imaginative ways to meet my support needs. The cost to social services is less than being in a care home. The social worker says it is a win/win situation.”

Keith Webster,
www.In-control.org.uk

You can now get on with living your life and buying the support that’s shown in the plan. Things you might do are:

- get support from a personal assistant.
- go to college, work or a community group.
- buy something to help keep you healthy, safe and independent. This could be a piece of equipment, a small change to your home, or even the upkeep of a pet who helps with your well-being.
- something else agreed in your plan that helps you to live life.

You can arrange your support yourself, have someone do it for you, or do a bit of both.

6. Seeing how it worked



To see how things are going, your social worker will meet with you 6 weeks after your plan is set up.

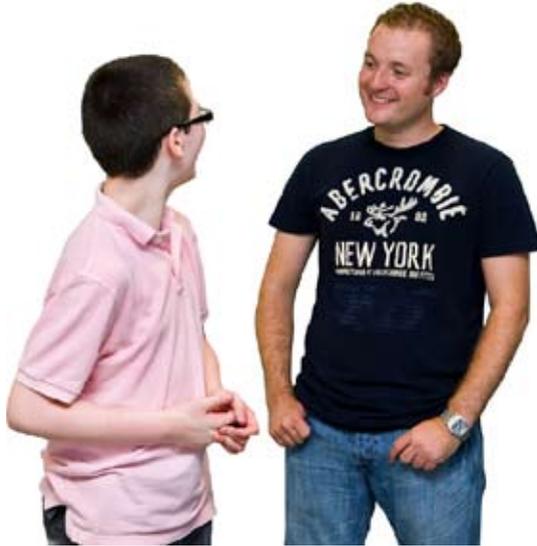
After that, you should have meetings once a year. You can ask for a meeting any time. Other people can be at the meetings if you want them to be. For example your family or friends.

We will look at how you are spending the money from your personal budget. We will see if you need more help to manage the money, or to manage your support.

If someone else is sorting out the money, or your support, we will check how well that is working.

We will also check that the money is enough to keep you healthy, safe and independent

Personal budgets for carers



People can get personal budgets if they spend a lot of time supporting you. To get a carers' personal budget, they need to help you with 4 or more things from this list:

- personal care
- eating and drinking
- daily living
- health and wellbeing
- relationships
- choice and control
- staying safe
- employment and activity

Carers can use personal budgets on things that help them with their caring role. They can also use the money to take a break from caring.

Paying towards the cost of your support



Everyone that gets support from social services is asked to fill in a financial assessment. We can help you to fill in the form.

If you have enough money, you might need to pay something towards the cost of your support.

If you have to pay something, then this amount will come from your personal budget.

Keeping safe



Your plan must say what you will do to keep yourself safe from abuse. Abuse is when someone hurts, upsets or scares you, or they take control over your life.

There is also financial abuse. This is where people take your money without asking, or won't let you choose how to spend it.



If you are worried about abuse, phone the **ASK SAL Helpline 08452 66 66 63** or text: ASK SAL to 60777 from your mobile phone.

If you think someone is being abused please call Adult Social Services on 01702 215008 or email council@southend.gov.uk.

Confirmation

I confirm that _____ (insert worker's name) has talked with me about the information in this leaflet.

I confirm that I understand what Self-Directed Support and personal budgets are, and what my responsibilities are.

I understand that I can have help with my support plan and to manage the personal budget.

My name: _____

My signature: _____

Today's date: _____

Cut out this page and keep it with your plan.



How can I find out more?



If you want to find out about personal budgets, direct payments, support from social services, or anything else in this leaflet, please contact us.



phone: Adult Social Services **01702 215008**



email: **council@southend.gov.uk**

There's lots of information about personal budgets and direct payments on our website.

www.southend.gov.uk/personalbudgets

Zkrácená verze této publikace je k dostání i v alternativních formátech, konkrétně v Brailu, na audiokazeti a tištiná ve klým typem písma, které je snadno èitelné. Tento dokument byl pøeložen i do dalších jazykù a tyto pøeklady jsou vám také k dispozici.

Lolugwalo luyatholakala njalo lunciphisiwe ngalezi indlela; ngombhalo weziphofu (Braille), kasethi (audio tape), loba lulotshwe ngamabala amakhulu. Luyatholakala njalo lolugwalo lulotshwe ngezihlobo ezitshiyeneyo.

Streszczenie tej publikacji jest dostępne w innych formach, takich jak pismo Braille'a, taśmy audio lub w dużym druku. Dostępne są także przekłady tego dokumentu na inne języki.

Um resumo desta publicação pode ser fornecida em formatos alternativos tais como Braille, cassete áudio ou em impressão de letras grandes. Também temos disponíveis traduções deste documento em outros idiomas.

ਇਸ ਪੁਸਤਕ ਦਾ ਸਾਰ ਬੇਲ, ਆਡੀਓ-ਟੇਪ ਵਰਗੇ ਬਦਲਵੇਂ ਰੂਪਾਂ ਜਾਂ ਵੱਡੇ ਪਿੰਟ ਵਿਚ ਉਪਲਬਧ ਕਰਾਇਆ ਜਾ ਸਕਦਾ ਹੈ। ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਬਦਲਵੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਅਨੁਵਾਦ ਵੀ ਉਪਲਬਧ ਹੈ।

Pfupikiso yegwaro iri inowanika zvakare seBraille (bhuku rinoverengwanemapofu), tepi yekuteerera nezvakanyorwa nerunyoro runooneka. Gwaro iri rakaturikirwa mune imwe mitauro zvakare, uye magwaro acho aripo

For a copy of this leaflet in any other language or format, or to order more copies, please call the number below.

Ref no: **0046**



01702 215008