

# Self-Directed Support and Personal Budgets

**My  
Independence**



**My Choice**



**My Life**



An easy read guide for individuals and their families about a new way to organise your support

Published April 2010



## About this leaflet

Northumberland   
Care Trust



Northumberland Care Trust delivers adult social care services on behalf of Northumberland County Council.

**This leaflet is about a new way to arrange your support called self-directed support and personal budgets.**

**NORTHUMBERLAND**  
Northumberland County Council



Self-directed support is about asking people who need social care what kind of help they want.

We have written this leaflet to explain how it works.

**It tells you:**

- **What self-directed support and personal budgets are?**
- **How self-directed support works?**
- **Where to find out more?**

This is a new leaflet and we would like your views on it. There is a reply paid tear off card at the back of the leaflet for you to tell us what you think of it.



## What is self-directed support and a personal budget?

**Self-directed support** is about getting the support you need, in the way you want. It is about what is important to you, such as how and where you live.

A personal budget is money you can use to buy:

- Support
- Other things you need to live the life you want

### Who can get a personal budget?

You may be able to get a personal budget if you need support with things like:



Looking after yourself



Getting out and about

You must be aged 18 or older.



Jo has used his personal budget to get support to do his Duke of Edinburgh Award.

Barbara uses her personal budget to get out on a regular basis in her adapted wheelchair and meet people in the village.



Fred uses his personal budget so he has the right support to live in his own house.

# 7 steps to being in



1. My assessment-  
finding out what my  
needs are?



2. My money- how  
much will I get?



5. Agreeing my plan



6. Living life

# control of my support



3. Making my support plan



4. Organising my money



7. Seeing how it worked

**Remember** – you can choose how much help you want with each step.

The next pages give you more information on the 7 steps to being in control.

## 7 steps to being in control



### Step 1 My assessment- finding out what my needs are?

Your **shared assessment form** has questions about the things you need.

You can get help to fill it in from:

- Your friends or family
- Your care manager
- Someone else you trust



### Step 2 My money- finding out how much

We use the information you give us in the shared assessment form to see how much money you will get. This is your **personal budget**.

We will tell you if you need to pay anything, and let you know about any other money you can have.



### Step 3 Making my support plan

You need to write a plan about how you will spend your money. This is called a **support plan**. You can get help to write your plan.



### Step 4 Organising my money

We can help you to look after your money. Or someone else can look after your money for you.

You can choose how you get support.

- You could pay people to work for you.
- Or you could pay money to a company to organise your support for you.



### **Step 5 Agreeing my plan**

We will make sure your plan is okay and keeps you safe.

You will need to sign an agreement.



### **Step 6 Living life**

You can spend the money on the things in your plan.

You should write down what you spend your money on.



### **Step 7 Seeing how it worked**

We will keep in touch to talk about how you spent your money.

You can tell us what you want to change in your plan.

If you want to make big changes to your plan you might need to do a new assessment.

## Tell us what you think about this leaflet

This is a new leaflet and we would like to hear from people who have read it. Please take a few minutes to fill in this tear off form to tell us what you think.

### How useful did you find this leaflet?

Good  No use  Okay

### How easy is this leaflet to understand?

Easy  Difficult  Okay

### Do you have any comments or suggestions about the information we make available?

.....  
.....  
.....  
.....  
.....  
.....  
.....



Please post this tear off this form back to us.

**There is no need for a stamp.** Thank you for your help.

No stamp  
required

**FREEPOST RLTX-LBXU-SHBS**  
**Transformation Team**  
**Northumberland Care Trust**  
**Merley Croft**  
**Loansdean**  
**Morpeth**  
**NE61 2DL**



## Where can I find out more?



Your care manager can give you more information. We also have a DVD which shows real examples of people who are using self-directed support and personal budgets. Please ask if you would like to see this.

## Internet

[www.northumberlandcaretrust.nhs.uk/personalbudgets](http://www.northumberlandcaretrust.nhs.uk/personalbudgets)

[www.in-control.org.uk](http://www.in-control.org.uk)

[www.supportplanning.org](http://www.supportplanning.org)

[www.dh.gov.uk/socialcare](http://www.dh.gov.uk/socialcare)



## How to get in touch?

If you or someone you know needs support or wants more information, please call **01670 536 400**.

If you require this document in another format ( e.g. CD, audio cassette, Braille or large type) or in another language please contact The Transformation Team: call **01670 394 417**, write to us at The Transformation Team, Northumberland Care Trust, Merley Croft, Northumberland, NE61 2DL or email us [ppf@northumberlandcaretrust.nhs.uk](mailto:ppf@northumberlandcaretrust.nhs.uk)

We would like to thank those people who have allowed us to use quotes from their personal experiences. The quotes do not necessarily belong to the people next to them. Thank you also to the individuals, carers, and partners who have helped to develop this leaflet.



**NORTHUMBERLAND**

Northumberland County Council

Northumberland **NHS**

Care Trust

Published April 2010