

Self Directed Support with Personal Budgets

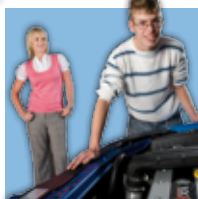
A quick guide



Control

Flexibility

Choice



What is self directed support?

Self directed support with personal budgets is a way in which you can be more involved in arranging the social care services you need. It puts you at the centre of everything making sure the services you receive help you achieve the things most important to you.

If you are already receiving services from us, self directed support will enable you to think about better ways of meeting your needs. Of course, if you are happy with the services you receive and they are meeting your needs, you do not need to change them.

Self directed support with personal budgets is for people receiving services in the community. If you are in a residential home or nursing home, different arrangements apply.



How does self directed support work?

Self directed support works in the following way:

1

Assessing your needs

The first thing we have to do is assess your needs. One of our social workers or social care workers will usually do this. Your assessment makes sure you are eligible for services from us. It also helps us – working with you – to identify:

- a) what your needs are and
- b) an indication of how much money we could make available to pay for services to meet these needs.

2

Planning your support

The next stage is to put together a support plan. This will say how your needs will be met, using what services, how much these will cost and how much you might need to contribute. You can produce your own support plan or you can ask for help with this.

3

Arranging your support

Once we've agreed your support plan with you, we will make available the money needed to pay for the services in your plan. This money is your **personal budget** and this is then used to arrange your services.

To arrange your services, you can:

- a) ask for money from us – in the form of a **direct payment** – so you can arrange your own services;
- b) ask us to make the arrangements on your behalf; or
- c) a combination of these.

As soon as possible after your assessment of need, we will also carry out a financial assessment to work out how much, if any, you would be expected to contribute to your personal budget.



What could I spend my personal budget on?

Your support plan will say what you will spend your personal budget on. Everyone's support plan will be different but the services included must meet your assessed needs. These services could include:

- employing your own staff such as 'personal assistants';
- using community resources such as leisure centres, libraries, cafes, arts centres and cinemas;
- arranging transport to get to places;
- buying ordinary things that will make a difference such as a computer, training or air conditioning; and
- using 'traditional' social care and support services such as meals services, personal care and day services.



What do I need to do?

- ***If you are already receiving services from us***

You do not need to do anything. We will contact you at least once a year to carry out a review. If we have not already discussed self directed support with you, we will do so at your next review. You can ask for a review at any time if you think your needs have changed.

- ***If you are not receiving services from us***

If you think you need services from us, please contact your local Adult Social Care office (see numbers later in this leaflet) and ask for an assessment.

- ***If you need help urgently***

Please contact your social worker, your local Adult Social Care office or, when offices are closed, our Out of Hours Service on 01228 526690.

- ***If you are a carer who helps look after someone***

If you think you need services from us, please contact your local Adult Social Care office or Carers Organisation and ask for an assessment. We cannot offer you a personal budget but you can have a direct payment.

Where can I find out more?

For more information, see our booklet 'Self Directed Support with Personal Budgets'. You can get a copy from your social worker or from any Adult Social Care office.



You can also download it from our website and see other information at:

cumbria.gov.uk/adultsocialcare/sds

We also have a DVD which shows real examples of Cumbrian people who have used self directed support. Please ask us if you'd like to see this.

Adult Social Care offices

Barrow-in-Furness	01229 407894
Carlisle	01228 227000
Kendal	01539 713377
Penrith	01768 812242
Whitehaven	01946 506352
Workington	01900 706325
Out of Hours Service	01228 526690

If you need this document in another language or another format such as large print, Braille or audio please telephone 01228 606060.

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如果您希望通过母语了解此信息，
请致电 01228 606060

Jeigu norëtumëte gauti šia informaciją savo kalba,
skambinkite telefonu 01228 606060

W celu uzyskania informacji w Państwa języku proszę
zatelefonować pod numer 01228 606060

Se quiser aceder a esta informação na sua língua,
telefone para o 01228 606060

Bu bilgiyi kendi dilinizde görmek istiyorsanız lütfen
01228 606060 numaralı telefonu arayınız

We would like to thank the service users who allowed us to include their photos in this booklet. If you would like to find out more about their experiences, see our website: cumbria.gov.uk/adultsocialcare/sds

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