



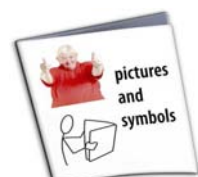
Personal Budgets

A new way of meeting
your social care needs



easier to read summary

hard words in **bold**



What is a personal budget?

This is money given to you by the council which you can spend on support for yourself. It is to enable you to stay in control of your life while helping to meet your social care needs.



What do I need to do to get a personal budget?



You will need to have an assessment. This is where we will talk with you and ask you lots of questions to find out about the things you can do, the things you are finding difficult to manage and what you'd like to be able to do.



We will use this information to work out if you qualify for a sum of money that you can spend on support for yourself.



This is your **personal budget**. Your social worker will tell you how much your personal budget will be.

What happens next?



We will agree a **support plan** with you to help you to be in control of your life. It will also help you think about how much help you need to live Independently.



Support planning is about you saying what you want your support and care to be like. It is all about increasing your choice about what you think you need to improve your quality of life and to help to make things better for you.



Your social worker, friend or relative can help you with this.

Your support plan could include help with



- personal care
- meeting new people



- finding a job, helping you to do your job and getting to and from work

- further education



- getting your own place to live



- going swimming, using the gym or other activities

Arranging your support.



You can ask us to arrange support for you or you can use a **direct payment**.



A **direct payment** is where we give you the money and you arrange your own support.



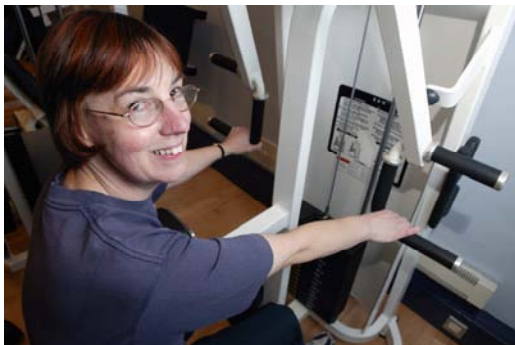
Or you can do a mixture of these. Whatever you decide, you might have to pay something towards the cost of the services you use.

What can I spend the money on?

Personal budgets can only be used to help you with your care needs and are linked to your support plan. Things that



- are linked to your support plan and what you want to achieve.



- will keep you healthy, safe and well



- are a reasonable cost and you can afford to pay for it from your personal budget.

What can't I spend the money on?

You can't spend it on:



- something that was not included in your assessment or support plan.
- something which will harm your health, your safety, or your wellbeing.
- something which does not help with your own care needs
- anything which is against the law.
- help which you normally receive from other services, such as health or housing.

What happens if I don't qualify for a personal budget?



If you do not qualify for a personal budget, we will discuss your choices with you. We can put you in touch with other organisations that may be able to help you, such as **Starting Point**.



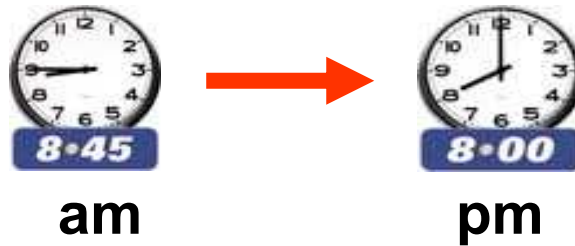
Starting Point can give you help and advice about local services to help you to live independently, for example help with, shopping, cleaning, meals and lunch clubs.



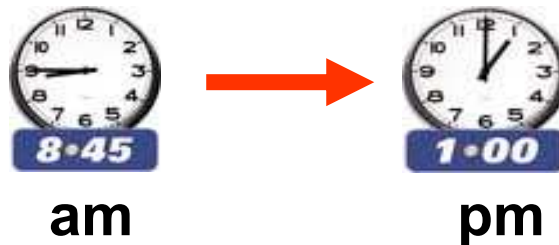
How to contact us

You can contact us at The
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