

Self-directed support

An introduction to self-directed support

This fact sheet tells you what self-directed support is and how it works. It gives links to other fact sheets and resources.



To get more help
contact In Control

Tel: **0121 474 5900**

Email:

help@in-control.org.uk



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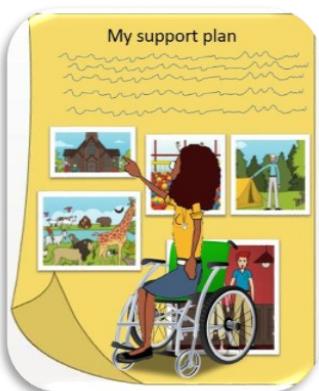
Self-directed support

The basic facts

Self-directed support:



- Is a system for health and social care. In Control developed it and now it's government policy.
- Puts the person who needs support in control. In the old system you didn't have that much say about your support.
- Has systems for working out quickly how much money you get for support. You can control that money or get someone to control it for you.
- Means that you can use the money to get the life you want. You don't always have to spend the money on services. There should be flexibility.



More information about self-directed support



To help people to get control of their support, In Control has developed **seven steps to self-directed support**.

A summary of the seven steps can be found on the next pages.

Or a more detailed explanation of the seven steps can be found in Fact Sheet 2: Where do I start?



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The seven steps:

1. My money – finding out how much



Your local authority will assess your needs (under the Care Act 2014). They should then tell you how much money you have to spend on your support.



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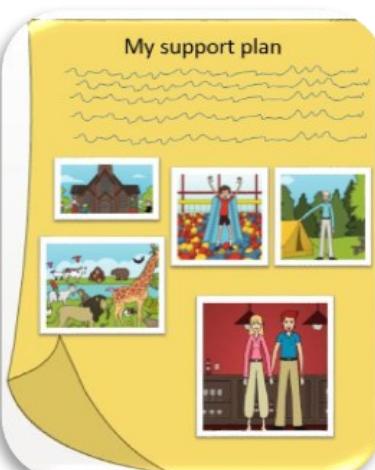
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More info:

- Fact Sheet 3: Money – finding out how much you will get
- Fact Sheet 4: What if I disagree with the resource allocation?
- Key Messages Checklist: things your local authority should have told you about the Care Act



2. Making my plan



You have to write a support plan on how you want to meet your needs. It should include the support you need and the things you would like to achieve in life.

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More info:

- Fact Sheet 5: How to make a support plan
- Fact Sheet 6: Support brokers



3. Getting my plan agreed



Your local authority must agree your plan before you get the money.

More info:

- Fact Sheet 7: Getting your plan agreed

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4. Organising my money



There are several ways that you can take and manage the money you get for your support.

More info:

- Fact Sheet 8: Organising the money

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5. Organising my support



There are different ways of organising your support. You can organise it yourself or get someone else to organise it for you.



More info:

- Fact Sheet 9: Organising support
- Fact Sheet 10: Thinking outside the box—using your personal budget in a creative way

6. Living life



Self-directed support is about using the support money to have a good life. For example: a good place to live, friends, and interesting things to do in the day.



More info:

- Fact Sheet 11: Living the life you want

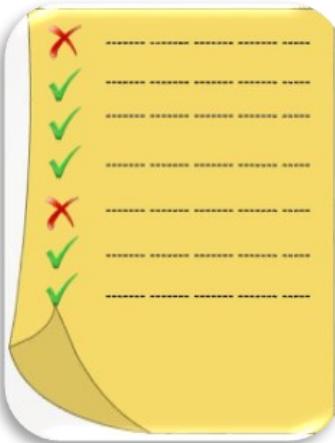
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7. Seeing how it worked



Support plans are bound to change and you need to review how things are working. Your local authority has a duty to review your plan with you every year.



More info:

- Fact Sheet 12: Seeing how it's worked (review)

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An example

Mrs Norman shops around

Mrs Norman is 69. She lives with her husband in an adapted bungalow. She has a number of health difficulties including spondylitis, osteo- and rheumatoid arthritis and glaucoma. Her husband also has his own health difficulties.



Mrs Norman didn't want to accept any personal help at first, but after a period in hospital, she agreed to have agency care morning and evening to help with her personal hygiene needs.

Then she started self-directing her support. Her social worker had completed her needs assessment. Mrs Norman wanted to continue her personal care, to have help with the garden, household jobs and shopping trips, and keep her Motability car in good condition.



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Mrs Norman decided to do her own support plan. She wanted to get the best value for money from her personal budget. She did this in a number of ways:

- She changed the domiciliary care agency to a smaller, cheaper one – £13 an hour rather than £18.
- She shopped around for the best car cleaning deal. Quotes ranged from £40 to £8. (It is important to keep a Motability car in good condition as there is a bonus payable at the end of the period.)
- She engaged a gardener at a good rate.
- She employed her grandson as her personal assistant for shopping trips (having checked that she only needed to pay him at student rates).
- She employed a personal assistant to help with household jobs.
- She can now afford chiropody once a month.

She says her personal budget has made her more independent and has changed her relationship with her family, including her three sons.

“I don’t feel so dependent on my family. I like to be part of their lives, but I don’t want to *be* their lives.”



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