

# Self-directed support

## Seeing how it's worked (review)

You should meet with your care manager or social worker about once a year to see how things are going, but you can ask for a meeting at any time.

Your care manager or social worker needs to know how your plan is working. Also, you can help other people organise their support by telling them what worked and didn't work for you.

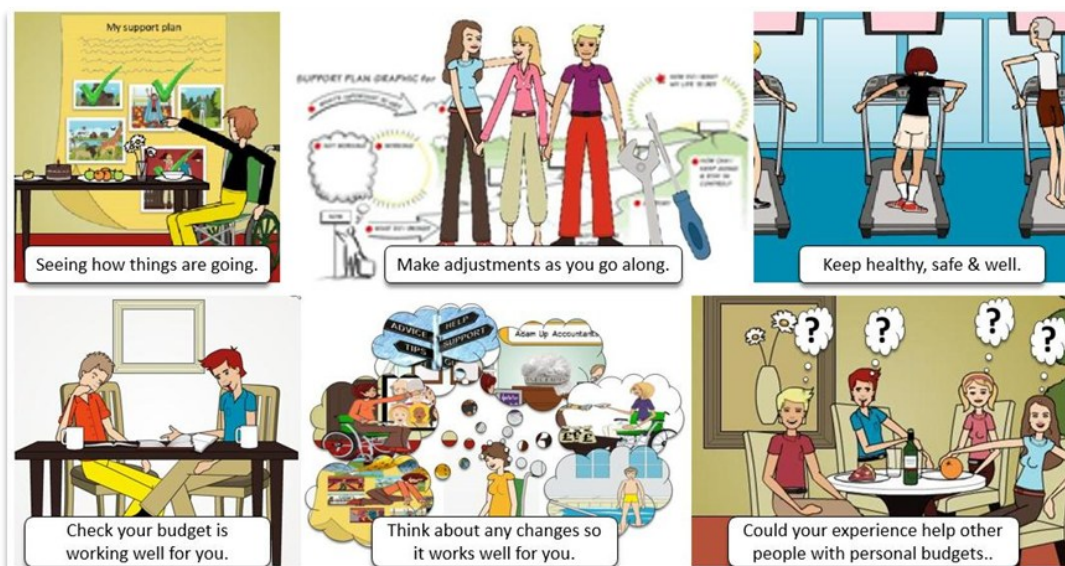


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You should have a review at least once a year.



Are your outcomes happening?  
You can make adjustments as you go along.



Check your budget is working for you.

## The basic facts

You need to meet with your care manager or social worker to review how your personal budget is working. Local authorities usually want you to have a review at least once a year.

### A review meeting is about:

- Seeing how things are going in general and checking whether the outcomes you put in your support plan are happening.
- Any changes that you've made – you can make adjustments to how you spend your budget as you go along.
- Making sure you are keeping healthy, safe and well.
- Checking that your budget is working well for you.
- Thinking about any changes you could make so that it works even better.
- Thinking about how your experience could be useful for other people with personal budgets.

You don't have to wait for this review meeting to make changes in the way you spend your budget. You can change things as you go along. If you want to make a big change in how you use your budget, you



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If you want to make a change, you can ask for a review.

should consult your care manager or social worker – maybe have a review.

You can ask for a review meeting at any time.

## More information about review

### Before your review

It might help to sit down with a friend before your review and make some notes. Think about:

- What have you done since you got your personal budget.
- What worked well.
- What did not work well.
- What you want to change.



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Make some notes about what you want to discuss in your review.

### People at your review meeting

You can invite anyone who is involved in your life to the review meeting – for example:

- A family member.
- Friends.
- A circle of support.
- Supporters.
- An advocate.



Invite anyone who is involved in your life to the review.



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Your local authority must check that things are going well.

- Whoever helps you to organise the money.
- A support provider.
- A broker.

Your local authority has a responsibility to check that things are going well. They will have standard ways of doing this. But the review meeting should be about you and how you are in control of your life. So what you think is at the centre of the review.



You should be at the centre of the review.

The review must NOT be used as a mechanism to arbitrarily reduce the level of a person's personal budget.

## The 6 questions

In Control has written questions for a review meeting.

### The 4 questions are:

#### 1. Living your life

Do you have what is important to you in your life?

Have you been able to change things you weren't happy with?



Have you been able to change important things in your life?



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## 2. Spending your budget

How have you spent your budget?

Have you spent it differently to how you originally planned?

How do you want to spend the budget in the future?



## 3. Staying in control of your life

What ways have you found to stay in control of your life?

## 4. Getting and managing your support

What support have you used?

Did you use paid and unpaid support?

How did it work out?

## 5. What will you do next?

You might have clear ideas about what you want to change and things you want to stay the same. Or you might need some help to answer this question – perhaps from your care manager or social worker.



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Share what you have learned.



Have I met my goals and aims?



Have you reached the goals you set?

The review should end with an action plan of next steps.

## 6. How can you share what you have learned?

In Control thinks it's a great idea for people to help develop self-directed support by telling others what they have learned about support.

You might have ideas about how you want to share what you've learned. Your care manager or social worker should help you think about the best ways of doing this.

## Outcomes

In your support plan, you will have written down what your aims or goals are. The review should check whether you've achieved the goals you set. If you haven't, you need to think about what has stopped you and what will happen next so that you can reach your goals.

This information forms a summary of the review.



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# Self-directed support



Your money may come from different funding streams.



Each council runs reviews in different ways.



You should be at the centre of the process.

## Funding information

The money you get may come from different 'funding streams'. Each of these may want you to fill out a separate form. These forms should be filled in after you have answered the 6 questions.

## How the review is run

Different local authorities run reviews in different ways.

The important thing is that you are at the centre of the process. If you do not think the review is run properly, you can suggest to the local authority that they use the 6 questions in this factsheet.



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An example:

### Jane's story

Jane is a single parent and lives with her four children in Yorkshire. Jane has MS and sometimes uses a wheelchair. She used her budget to help with her parenting role and some domestic tasks.



Jane had her review and said her life had greatly improved because she now had help to get all of the children off to school on time. Jane particularly valued help in the winter months as it was hard for her to 'get going' on the cold mornings and so she got someone to drop the children off at school.

She was spending her budget on a provider for the support which worked well. However, Jane explained to her social worker how she had now built up her confidence and felt much more in control of her life. The provider was not that



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flexible and was reluctant to adjust arrangements to suit Jane, in particular in the school holidays when they wanted a lie-in.

They both agreed if she employed the staff herself this would provide her with much more flexibility and even a bit of extra money to use in the long school holidays.

Jane got all the information she needed from the Centre for Independent Living (CIL) and started employing her own staff. Eight months on, Jane is now working as a volunteer at the CIL and is sharing with others what she has learned. Jane says, after all, it is only those people who have travelled the journey can really tell you what it is like.



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