

## Self-directed support

# Personal budgets and direct payments

People who can get support from their council should be told their personal budget. They can then take the money as a direct payment.

This fact sheet explains the difference between personal budgets and direct payments.



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# Self-directed support

## The basic facts



A personal budget is money from one funding source.

### Personal budgets

A personal budget is how much money is spent on your support that comes from social services. They can sometimes be called your individual budget. (It's the amount.)



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A direct payment is just one way of getting your money paid.

A direct payment is a way of taking your personal budget as cash in lieu of services. You can get the money paid in a number of different ways, but direct payments should give you the most control over your budget.



The council pays the money into your bank account and you organise it.

(There is another In Control fact sheet about money: *My money – managing the money*).

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Your council should offer self-directed support.

### More information

If someone needs support, their council should offer them self-directed support.



Self-directed support enables people to have as much control over their lives as they would like.

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# Self-directed support



The council decides if you are eligible.



If you are eligible, you are offered a personal budget



Your council will work out how much money you need.

**First, the council decides if you are eligible for support by doing an assessment.**

**People who are eligible are either:**

- Disabled.
- Have mental health needs.
- Needing support due to age.

If you are eligible, the council says how much money you can get.

They offer you a personal budget – money from social services .

Then you do a support plan that shows how you will spend the money to get the support and the life you want.

When the council agrees the plan, you get the money for your support. (There are other In Control fact sheets about support plans.)



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## Self-directed support

### An example

#### Vera

Vera is 83 years young. She had started to get very forgetful. Her son doesn't live nearby and she didn't want to call on him as he has his own children to care for. Vera was adamant she did not want to move into a care home for the elderly, but recognised she needed some support.



Social services had assessed her as needing home-help morning and night for support getting up, dressed and then changed at night. Also, a meals-on-wheels type visit during the day.

Vera was concerned as she never knew who was coming and at what time. The meals were frozen foods to be microwaved and she said they tasted like a dog's dinner.



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## Self-directed support

Vera's neighbours and good friends, Bob and Sheila, suggested that she changed and instead took her personal budget as a direct payment. Her son is the nominated support and she uses the budget to pay Sheila to help her in the morning and night. Sheila also makes Vera's meals.

When Sheila is away, another neighbour, Janet, covers. This gives Vera peace of mind and consistency, as Vera always knows it will either be Sheila or Janet who is coming.



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