



Nottinghamshire
County Council

What is self directed support?

Find out more about self directed support and personal budgets



independence

choice

control



June 2010

choice



What is self directed support?

Self directed support is part of Putting People First. Putting People First is the Government's vision for the future direction of social care over the next ten years and more. It is about giving people more choice and control in deciding how their social care needs are met.



How will I get more choice and control?

Through **self directed support**, people who are eligible for long-term social care will be given a **Personal Budget**.

Self directed support is based on the self directed support assessment carried out by you and a social care worker.



A **Personal Budget** is money allocated to people who are eligible for social care funding to meet their personal goals or outcomes identified in their support plan.

The assessment helps you think about your needs and works out whether you are eligible for social care funding.

From this assessment you will be given a Personal Budget based on your needs. This means you will know how much money you are entitled to in order to pay for your support. At this stage, your Personal Budget is an indicative amount. It is at the support planning stage that the actual amount of money in your Personal Budget is finalised.

We will carry out a financial assessment to find out how much money, if any, you need to contribute towards your Personal Budget.

With the help of a social care worker, you will then write a **support plan**. You will decide how you want to spend your Personal Budget to meet your needs and aspirations and live your life your way. We call this meeting your **goals (outcomes)**.

You do have to show that you have used the money properly and that it has met your goals (outcomes). We do this by a **review**. This is a chance to check how things are going and to see if any changes are needed.

See pages 6-7 for 'The seven easy steps to being in control of your support'.

Examples of how people have already chosen to use their Personal Budget:

- a personal assistant to help with personal care
- support to continue gardening and going out for walks
- buying an MP3 player and downloading 'talking books'.

What help will I get?

There will be help available if you want it. Experienced staff from the County Council will be on hand to help you plan and manage your budget to get the care and support that is right for you. You can also involve your family, friends or an advocate.

When can I have a Personal Budget?

Some people have already moved onto a Personal Budget and are making choices about what support and care they need to live their lives.

From October 2010:

- people who become eligible for long-term social care will receive a Personal Budget
- people who are currently receiving social care funding will also move onto a Personal Budget at their review.

Personal Budgets DVD

Watch Nottinghamshire's Personal Budgets DVD online:
www.nottinghamshire.gov.uk/ppf-personalbudgetsdvd

Or to request a copy of the DVD:

tel: 0115 977 3234

email: selfdirectedsupport@nottsc.gov.uk

What if I need social care?

Get in touch with our Customer Service Centre and talk to them about the help you need.

tel: **08449 80 80 80**

email: enquiries@nottsc.gov.uk



Further information

For more information about Putting People First visit our website:

www.nottinghamshire.gov.uk/puttingpeoplefirst

For more information about self directed support contact the team on:

tel: **0115 977 3234**

email: selfdirectedsupport@nottsc.gov.uk

write to us:

Self directed support team
Adult Social Care and Health
Nottinghamshire County Council
County Hall, West Bridgford
Nottingham. NG2 7QP



See overleaf for the 'The seven easy steps to being in control of your support'.

The seven easy steps* to being

Step one: Your needs

Through a self directed support assessment you will find out:

- if you are entitled to help from Adult Social Care and Health
- how much money you can get to meet your needs. (This is called your 'Personal Budget'.) We may need to do a financial assessment with you to find out how much, if anything, you have to pay towards your Personal Budget.



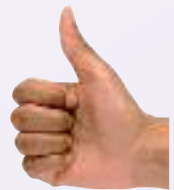
Step two: Making your plan

Once you have your Personal Budget then you will need to write a support plan. Your social care worker will help you with this. The support plan describes how you will use your Personal Budget to meet your goals or 'outcomes'.



Step three: Getting your plan agreed

Your plan will need to be agreed by Nottinghamshire County Council, Adult Social Care and Health department.



Step four: Organising your money

There are three different ways your Personal Budget can be organised:

- it can be paid to you through a Direct Payment. This means the money goes straight to you.



You manage the money or have someone do this on your behalf

in control of your support

- Nottinghamshire County Council can manage your Personal Budget and buy the support for you
- you may wish to have a mixed budget. This means some of the Personal Budget is paid to you as a direct payment and the rest is managed by Nottinghamshire County Council.

Step five: Organising your support

Next, your support needs to be organised – you can do this yourself or we can help you as little or as much as you need.



Step six: Living your life

With your support in place you can now live your life the way you want to.



Step seven: Seeing how it worked

You have to show that you use the money properly and that it has met your outcomes. We call this a review. This is a chance to check how things are going and to see if any changes are needed.



**based on InControl model. InControl is a national organisation helping people get real choice and control. It supports local authorities to deliver self directed support.*

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Contact the Customer Service Centre if you need the information in a different language or format:

Customer Service Centre, PO Box 9320,
Nottingham. NG15 5BL

phone **08449 80 80 80**

Calls cost 3p/min from BT landlines. Mobile costs may vary.

e-mail **enquiries@nottsc.gov.uk**

website **www.nottinghamshire.gov.uk**



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County Council



INVESTOR IN PEOPLE

Photos from www.JohnBirdsall.co.uk (posed by models)

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