

7 Steps to Self Directed Support

There are seven main steps to being in control of your support:

1. Completing a Supported Self Assessment Questionnaire
2. Developing a Support Plan
3. Having your plan agreed
4. Managing the budget
5. Setting up support
6. Being accountable
7. Enjoying life.

Who can get a personal budget?

If you are an adult (18+ years old) and have completed a Supported Self Assessment Questionnaire (either on your own or with help), and have a completed Support Plan that is agreed with the Local Authority, you will be entitled to a personal budget.

How can I spend my personal budget?

A personal budget can be used in three ways:-

- As a direct payment to you,
- As a service bought by the Council,
- Both as a direct payment and a council bought service.



What are my responsibilities?

You will have to show on a regular basis that the payments you receive are used to meet your needs as agreed in your support plan. You will get information / guidance about what you need to arrange a personal budget.

Further Information

If you would like further information about Transforming Adult Social Care please contact:

Darlington Borough Council
Adult Social Care & Housing
Business Transformation Team
Central House, Gladstone Street
Darlington, DL3 6JX

E-mail:

transformingsocialcare@darlington.gov.uk
www.darlington.gov.uk/adultservices

Do you need this leaflet in a different format?

If you need this leaflet in:

- Braille
- Audio
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Please contact: (01325) 346200

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مگر آپ کو انگریزی کے علاوہ کسی دوسری زبان میں یہ معلومات درکار ہیں تو سوشل سروسز ڈیپارٹمنٹ میں اس ٹیلیفون نمبر 01325 346200 پر رابطہ قائم کیجئے۔

如您需要本出版物除英文以外的版本，请与社会服务部联系：01325 346200。

Jeśli chciał(a)by Pan(i) otrzymać polską wersję językową tego dokumentu, proszę zadzwonić pod numer 01325 346200 i podać numer identyfikacyjny dokumentu.

A Brief Guide to Self Directed Support

Urdu

"سیلف ڈائریکٹڈ سپورٹ (اپنی مدد میں اختیار) کی ایک مختصر رہنمائی"

Polish

„Krótki przewodnik po programie samodzielnego wyboru form pomocy społecznej”

Bengali

"স্ব-অভিমুখী সহায়তাপ একটি সংক্রান্ত নির্দেশিকা"

Cantonese

“自我管理支持的簡要指南”



Introduction

Putting People First is a Government plan that sets out changes in the way that people get their social care support.

Putting People First is about increasing choice and control in the lives of:

- People who need social care support either now or in the future
- People who care for / support others
- Communities and organisations.

What difference will Putting People First make?

Putting People First means a big change in the way communities, organisations and individuals work to support people with social care needs. The Council needs to work together with its partners such as the NHS, to make the kind of changes people want. We all need to have a good understanding of the experience of being an older or disabled person living in Darlington.

People have said they wanted:

- Better quality of support that is personal to them
- More control over decisions that affect them

- The right support, at the right time, in the right place
- To be treated with dignity and respect, regardless of who pays for the support.

Putting People First identifies four key areas for change:

- Having as much choice and control as possible
- Making good use of the services we all use and take for granted such as leisure services, libraries, transport, etc
- More focus on Prevention and Early Intervention
- Creative use of friends, family, and other social and community support.

These changes will start to happen during 2010.

What is Self-Directed Support?

Self Directed Support is about people organising and having control over their own support. People who direct their own support can choose to have a personal budget to pay for it.

What is a personal budget?

A 'personal budget' is the sum of money Adult Social Care will contribute to meeting an individual's social care support needs.

How will Self-Directed support help me?

Self Directed Support gives you the freedom to make decisions to take control of your own life and be in charge of your own support arrangements, giving you choice, control and flexibility. This means getting support when you want it, how you want it and from the person you have chosen to give it. You can have as much help as you want to arrange this.

