

# Your guide to Adult Social Care in Derby

Self Directed Support and Personal Budgets will give you greater choice and control over the social care support you need.



## What is a Personal Budget?

A Personal Budget is money you can use to buy

- support to help you be as independent as you can be
- things you need to look after yourself or your home
- other things you need to live the life you want. This could be things to help you go to college, get a job or get out and about.



## Who can get a personal budget?

If you need support with things like

- looking after yourself and your home
- getting out and about

you might be able to get a personal budget.

You have to be older than 18

We will do an assessment to see if you can get a personal budget.

An assessment is when someone from the council comes and talks to you about what support you need. They might get information from other people like your doctor too.

An assessment helps us see how much support you need.

## How do you get a personal budget?



We will do an assessment, with you, to see if you can get a personal budget.

An assessment is a way for you to tell us about the support you need.

The assessment has questions about the things you need.



This helps us see how much money you will get.

You can have someone else with you when we fill in the assessment. They could be

- your carer
- your family
- someone else.



We will look at your assessment.

We will tell you how much money you might be able to get.



## What happens next?

You will need to write a plan about how you will spend your money.

This is called a support plan.

You can choose how you write your plan.

You can use words or pictures to do your plan.

You can get help to write your plan.



One of these people will make sure your plan is ok

- your support planner
- your social care worker.



We need to make sure your plan is ok before we can give you any money.



## Managing your money



This means how you look after your money.

There are different ways to look after your money.

- We can put your money in your own bank account.
- Someone else can look after your money for you.



These people can help you decide the best way to look after your money

- your advocate
- your social care worker
- your family
- someone else you trust.



## Organising your support

You can choose how you get support.

- You can pay people to work with you
- Or you can pay money to a company to organise your support for you.





## Living your life

You need to spend the money on things in your plan.

These are the things that help you live your life.



You need to write down what you spend your money on.

Your social care worker will check what you spend your money on.

You need to make sure that you keep receipts to show what you buy.



## Seeing how it worked

Your social care worker will talk to you regularly about how you spent your money.

This could be every month or every few months.



You can tell us what you want to change on your support plan.

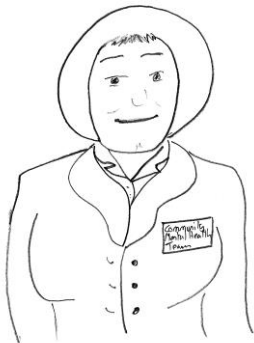
You might need to do a new assessment.



## Who do I contact to get a personal budget?



You can talk to your social care worker.



If you have problems with mental health you can talk to

- the community mental health team
- your mental health worker.



If you do not have a social care worker or a mental health worker you can phone Derby City Council Adult Social Care on 01332 640777.



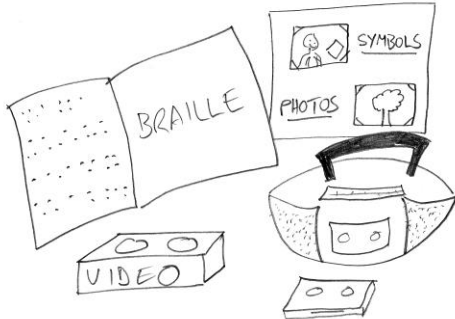
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## This book is by

Derby City Council Adult Social Care

You can get the information in this book in other ways like this

- other languages
- Braille
- CD.



## Who can I contact for more information?

- go to Derby City Council Customer Services at The Council House, Corporation Street, Derby, DE1 2PR
- telephone us on 01332 640777
- send a fax to us on 01332 643299
- use the Minicom number 01332 640666
- visit our website at [www.derby.gov.uk/HealthandSocialCare](http://www.derby.gov.uk/HealthandSocialCare)

