



Easy read

How you can spend your money on getting the help and support you need

Self-directed support: an Easy Read guide to getting the help and support you need





Self-directed support: an Easy Read guide to getting the help and support you need



Self-directed support is all about being able to choose the help and support you want.



We are writing lots of fact sheets to help you. Each one tells you more about **self-directed support** and where you can go to find out more information.



This fact sheet tells you some ideas about **how you can spend your money on getting the help and support you need**. There are lots of different ways to do this. You can choose what you want to do and how you want to spend your money.

Choosing what to spend your money on



Some people go to one place to get the help and support they need. You do not have to do this if you do not want to.



You can spend your money on different kinds of help and support. This means you can have more choice on what you want to happen.



You need to write down what help and support you want in your **support plan**. Your **support plan** says what you will spend your money on to get the help and support you need.



As long as you have enough money in your **Personal Budget** you can spend it in different ways and on different things. Your **Personal Budget** is money you can get to pay for help and support. You cannot spend it on things like gambling or things that are against the law.



Some people start by asking one place to help them with their support but might look for new ways to get help and support over time.



Think about what works for you and what does not work in your life – you can get help and support to make things easier if you want to.

Different ways to spend your money



Here are some of the ways you can spend your money on help and support. You can spend it on



- **Getting fit and healthy** – you can pay to join a **gym** or you can pay a gym trainer to help you get fit. A **gym** is a place you can go to do exercise



- **Getting to work** – you can ask someone you know to drive you to work in their car. You can use your money to pay for the petrol that they use when they drive you



- **Getting a personal assistant** – a **personal assistant** is someone who helps you out. This can be things like going shopping or doing your washing. You can ask someone you know and pay them yourself or you can ask another **care service** to do this for you. **Care services** are there to sort out help and support.



- **Asking your family or a friend to help you** – if they do not have much time then you could use some of your money to help them out. For example, you could pay for someone to do the jobs they have to do at their house so they have more time to come and help you



- **Taking a break** – you could pay for someone to come on holiday with you to help you out



- **Joining a club** – you could pay to join a club to do something new and meet new people. You could pay someone you know to come with you to help you while you are there

More ways to spend your money

You could spend some of your money on



- getting help to use a computer – you could pay someone who knows about computers to show you what to do



- buy things like a **web camera** so you can stay in touch with people better when you use your computer. A **web camera** is something you put on your computer so people can see you talking to them



- buy a **help service** – this is a service that you can call if you have an accident at home and you need help. Having this means that people like a doctor can come round very quickly if anything happens. For example, you might have a fall and need to get to hospital straight away.



- buy special furniture that will help you get up out of your chair without needing any help



- get **air conditioning** in your house – **air conditioning** makes the air in your house colder. This can help if you have problems breathing. You can have it fitted in your home and pay for it out of your money



This website can help you think of more ideas to spend your money on. You need to go to

www.shop4support.com



Sheila and Gary's story



Gary is Sheila's son. He needs lots of support. Sheila spent some of Gary's money on a **mobile home** so he could take breaks with his family. A **mobile home** is a house that can be moved around so you can stay in different places. It is a bit like a caravan on wheels.

Sheila says



We go to the mobile home for a break. I was finding it hard to cope looking after Gary all the time. Having the mobile home means that me, my family and Gary can take a break and be in a different place sometimes.



Gary needs a lot of extra help and support. The mobile home has been changed so that he can stay in it without any problems. It cost a lot of money but it has helped all of us to have a better life. It was cheaper for us to buy the home than pay more people to look after Gary for me.

How to find out more



You can read more stories about what other people have spent their money on by going to

www.in-control.org.uk/stories



You can **download** a DVD to watch on your computer and get books that tell you more about this. **Download** means saving the information on your computer so you can look at it when you are ready. You can look at the DVD by going to

www.in-control.org.uk/dvd



You can buy the DVD on the internet by going to

www.in-control.org.uk/shop

Or you can buy the DVD and the books from



In Control Support Centre
Carillon House
Chapel Lane
Wythall
B47 6JX

How to get help



To get more help you can contact the Learning Disability Helpline. You can do this by



Telephone **0808 808 1111**



Text **07717 989 029**



Email **help@mencap.org.uk**



If you want to read more fact sheets, you can go to

www.mencap.org.uk/incontrol