



Easy read

Money you can get to pay for help and support

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 about **money you can get to pay for help and support**. It tells you about the forms you need to fill in to get this money.

Finding out how much money you can get



You need to find out how much money you can get to pay for help and support. You need to fill out a form to do this. Your **local council** can send you the form.



Local councils are in charge of things where you live. This means things like deciding who gets help and support.

The form asks you questions about you, your life and the support you need.



It is a good idea to fill the form out on your own if you can but if you need help to do it that is OK too.

Some councils call this form **self-assessment** and some will not. Whatever they call it, every local council will want to find out about you, your life and the support you need. They need to do this before they can give you any money.

The self-assessment form



The **self-assessment** form should be clear and easy to read. The form will ask you questions about



- things you need help and support with – if your family help you then you will need to say if they need extra support to do this
- the kind of things you should be able to do once you get the help and support
- any other money you should be getting – this might be things like extra money from the government



Every question you answer has a different score of points. The **local council** look at all your answers and give you points. The amount of money you get depends on how many points you have scored. This is a fair way to do things.



The money you get should help you write your **support plan**. Your **support plan** says what you will spend your money on.

What you need to do – filling out the form



The form will ask you questions all about you. Try and fill it out yourself but if you need help you can ask your family, friends, carer or support worker to help you.



Your **local council** will send you the form. They need to tell you if they have a **charging system**. A **charging system** is when you are asked to pay for some or all of your help and support. You will only get charged if you have a lot of your own money already.



When you have filled out the form, the local council will send you an idea of how much money you might get. It might not be the final amount they give you but knowing about this money will help you write your support plan.



You might need to check with a **care manager** or **social worker** that you have put down the right amount of money in your plan. These are people who can help you find the right support.

What you need to do – your support plan



When you know about your money, you can write your support plan. Your **care manager** or **social worker** will need to read the plan. If they say it is OK, the **local council** will give you your **Personal Budget**. This is money you can get to pay for help and support.

The local council will tell you



- how long you will get the money for
- what you can spend it on and what you cannot spend it on
- when the money is paid – this might be every week, every month or every three months

Questions on the self-assessment form



The form will ask you questions about things like

- **looking after yourself** – this means things like eating, washing, dressing and shopping
- **the people you know** – your family and friends

Continued



- **being part of your community** – your **community** is the area you live in. This means things like going to the shops or going to church and clubs



- **going to work and learning new things**



- **making important decisions** – these are things like deciding where you live and who looks after your money



- **keeping safe** – this means things like staying safe when you travel and when you are cooking at home



- **keeping other people safe** – this means making sure the things you do and say, do not hurt anyone else

- **other people in your family who look after you** – there might be someone in your family who gives you help and support



You might get asked about other things too. Your local council will decide if they need to ask you any more questions.

Here are some stories from people who have filled out the forms



Julia's story



I was asked lots of questions like did I live on my own or with someone else. They asked me about the help and support I was getting at home already. They asked me if I needed help to get washed or dressed .



Caroline and Joseph's story



Caroline is Joseph's mother. She helped him fill out the form to find out what kind of help and support Joseph needed.



After we finished all the questions, the **social worker** added up all the points. This told us how much money we could get to pay for help and support. We were not sure if this was enough money so we asked for some more. We got some more money because we wrote down everything we needed in our support plan .



Gavin's story



I thought the questions were very easy to answer. I ticked the boxes that were to do with me and the help and support I needed. It is all about getting the help you need to live the life you want .



George's story



I filled out the form and it told me how much money I was going to get. This was about the same amount as I was getting already. This helped me write my support plan .

How to find out more about self-directed support



You can find out more about **self-directed support** by going to the In Control website

www.in-control.org.uk

You can **download** self-assessment forms from the website onto your computer. **Download** means saving the information on your computer so you can look at it when you are ready. You can print off the forms too. To do this you need to go to

www.in-control.org.uk/entitlementslibrary



You can download a DVD to watch on your computer that tells you more about filling out the **self-assessment** form. To look at the DVD, you need to go to

www.in-control.org.uk/shop

You can buy the DVD 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**