



Easy read

What happens after I have answered the questions in the self-assessment form?

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





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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 **what happens after you have answered the questions in your self-assessment form**. A **self-assessment** asks you questions that you need to fill out yourself.



Once you have answered all the questions you will find out how much money you can get to pay for help and support. This fact sheet tells you what to do if you think you have not been given the right amount of money.

Finding out about the money you get



Your **local council** will let you know how much money you can get to pay for help and support. **Local councils** are in charge of things where you live. This means things like deciding who gets help and support. They will let you know about your money after you have sent the form back.



The money you get is called a **Personal Budget**. A **Personal Budget** is money you can get to pay for help and support. You can choose what to spend this money on.



This money might not be the final amount you get. But you need to know this information to help you write your **support plan**. Your **support plan** should say what help and support you need and how you will spend your **Personal Budget**.



The money you get might not be enough to pay for everything you have put in your plan. If you think you are not getting enough money you need to speak to your **care manager** or **support worker**. These are people who can help you find the right support

Other things you need to know



Your **local council** will try to be as fair as they can with your **Personal Budget**. They will use a system to make sure this happens. This means things like being



- **Reasonable** – this means being fair. The council will try to give you enough money to pay for the help and support you put in your plan



- **Transparent** – this means making sure that everyone knows about the way things are decided

- **Sustainable** – this means making sure that things like your help and support can keep going



The **local council** will do their best to make sure you get the money you need to pay for help and support. They will do this if they agree with what you put in your **support plan**.

Making your support plan



Your **support plan** should say what help and support you need. It should list all the things you need to keep you healthy, safe and well.



The money you get depends on the help and support you say you need in the plan. You will need enough money to pay for all the things you put in the plan.



Your plan needs to show how you will spend your **Personal Budget**. A **Personal Budget** is money you can get to pay for help and support.

Talking to someone if you think you are not getting enough money



Some people might not be given enough money to pay for all the things in their plan. If you do not think you have been given enough money, you can talk to your **care manager** or **social worker** about it. These are people who can help you find the right support.

Talk to them about your plan and see if they think you should get a different amount of money. There is always a chance to talk things through and try again.

If they cannot help you then you can get in touch with the **Learning Disability Helpline**



Telephone **0808 808 1111**



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

How to complain



If you are still not happy then you can make a **complaint**. A **complaint** is something you make when you are not happy with something.



You need to get in touch with your local council to do this. Ask your social worker to help you. You might need to fill out a form.

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** on the website. **Download** means saving the information on your computer so you can look at it when you are ready. You can print off the forms if you want to. To do this you need to go to

www.in-control.org.uk/entitlementslibrary



You can download a DVD that tells you more about filling out the **self-assessment** form. 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**