



Stockton-on-Tees
BOROUGH COUNCIL

Personal Budgets:

A guide to personal budgets, for adults who need social care support from Stockton–On–Tees Borough Council.

Personalisation

Stockton-On-Tees Borough Council is committed to putting all our residents at the heart of all we do. For Adult Social Care this means making sure that social care services work for each person. We want you to have choice and control over any care and support you need to live your life. This is **self directed support** – managing your support in a way that best suits you, looking at what you want to achieve and the support you need to do this.

How Self Directed Support Works:



Why are the benefits of a Personal Budget?

Having a personal budget can make a big difference. In a recent survey, people who received direct payments said it improved their physical and mental health, and their control over their lives and care. They also said they were supported with dignity and that they felt safer inside and outside their homes. (Source: POET Surveys 2013-2015 Think local act personal)

Am I eligible for a Personal Budget?

To receive a personal budget, you start by having a Care Act Assessment. A Care Manager will speak with you about your needs and look at what support you already have in place.

If you are not eligible to receive services we can offer advice, support and guidance to meet your needs in other ways.

For more information about eligibility please see Stockton-On-Tees Borough Council leaflet:

Care Act Assessment and National Minimum Eligibility Threshold for Care and Support.

Your Personal Budget

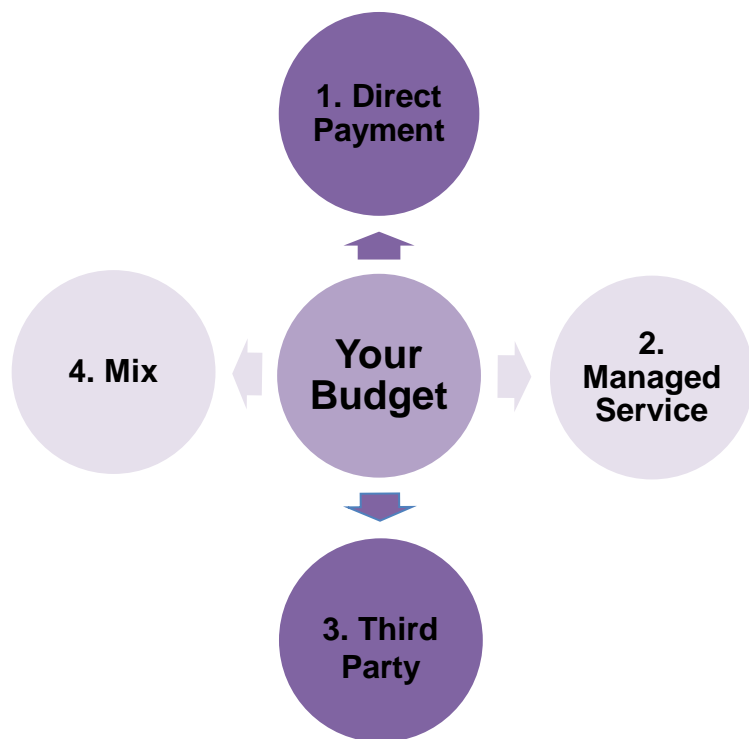
A personal budget is social care money, which is allocated to you, and that you are entitled to spend on meeting your care and support needs in a way that suits you best.

The amount of money you are entitled to is worked out using the Care Act Assessment. This is an estimate of what your care and support will cost over a year.

You will always be told what your budget is by your Care Manager.

Managing your Personal Budget

To try and increase choice and control we offer flexible options to help you manage your personal budget:



1. You can choose to manage your budget yourself –Your budget would be paid directly to you in the form of a prepaid card (a Direct Payment). You can use the card just like any bank debit cards, purchasing a product or service to meet your support needs in person, by phone or over the internet.
2. You can ask for a managed service – Stockton-On-Tees Borough Council will look after your personal budget for you and provide you with the services you want to meet your support needs. If you

choose this option you will only be able to choose from services provided by the council such as home care or day care service.

3. You can choose to have a third party manage your budget – You would choose someone you trust, such as a family member, friend, support service or advocate to manage your budget with you. Anyone you choose to look after your personal budget must listen and respect your views.
4. You can have a mix of the above options – You don't have to choose just one way to manage your budget. Having a mix can offer more flexibility and control over your support needs.

What can I spend my Budget on?

Your Personal Budget can be used flexibly to meet the care and support needs identified in your Care Act Assessment. You decide with the help of your Care Manager, family and anyone else you choose, how best to spend your budget to meet your care and support needs.

Some examples of how a budget can be spent are:

- To employ a Personal Assistant
- To buy home care from an agency
- To access community activities
- To get respite care in your own home.

There are some things you are not able to spend your budget on. These include anything illegal, anything that causes you or anyone else harm, anything that exposes you or others to unacceptable levels of risk or in a way that does not meet your support needs.

Your Support Plan

Once you have been informed about your estimated budget you can start thinking about your support plan. A support plan tells us about what is important to you and how you would like to use your budget to meet your support needs. This may mean that your final budget is different to the estimated budget. It may go up or down. Your support plan should tell us about your aspirations for the future and the outcomes you want to achieve to improve the quality of your life. Some things to consider in your support plan are:

1. What's important to me about my health and about my life in general?
2. What's working? What's not working?
3. Things I want to change (what would make a real difference?) and the outcomes I want to achieve.
4. How will I be supported?
5. How do I wish to spend my budget?
6. How do I plan to manage my support (for example, Direct Payment)?
7. How will I stay in control?

You can complete your support plan by yourself, with help from family or friends. You can ask your Care Manager for support or get an advocate to help you.

Stockton Personalisation Support Service (SPSS)

Stockton Personalisation Support Service can offer advice and information about personal budgets. They also provide support with recruitment, employment responsibilities and other issues. SPSS can also provide a payroll service for those who want to employ staff as part of their support.

For more information about SPSS please contact us on:



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