



## Easy read

# Budgets and Direct Payments – 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 **Personal Budgets**, **Individual Budgets** and **Direct Payments**. This is money you can get to pay for help and support. This fact sheet tells you more about this money and where it comes from.

## Personal Budget



A **personal budget** is money you can get to pay for help and support. This money comes from **social services**. **Social services** are in charge of looking after people who need help and support.

## Individual Budget



An **individual budget** is money that comes from more than one place. You can still use it to pay for help and support. Some of the money comes from **social services** and some might come from another place.

## Direct Payment



A **direct payment** is money from the **local council** that is paid into your **bank account**. A **bank account** is

- somewhere you keep your money – you can pay money in and take money out of your account



The **local council** is in charge of things where you live. This means things like deciding who gets help and support.

## More about self-directed support



Your **local council** can help you get support if you need it. **Self-directed support** means you have more choices about getting the help and support you need.

The local council will decide if you need help and support. You need to



- fill out a form and tell them all about you and the things you need. This helps them decide how much money to give you



The local council will give you a **Personal Budget** to pay for help and support. If you get money from other places too then they will add all the money together. This is called an **Individual Budget**.

## Making a support plan



You need to make a **support plan** and give it to your local council. A **support plan** says what you will spend your money on to get the help and support you need.



Your local council need to say they think your plan is OK before they can give you any money.

## Sorting out your money



You can sort out your money in different ways. Your **support plan** can help you do this. A **support plan** says what help and support you need and how you are going to pay for it. You can get help to write your plan from your **care manager** or **social worker**. These are people who can help you find the right support.



For example, you can get a **Direct Payment**. A **Direct Payment** is money from the **local council** that is paid into your **bank account**. A **bank account** is somewhere you keep your money – you can pay money in and take money out of your account.



You might need to open a different bank account for any other money you get so it does not get mixed up.

You can sort your money out on your own or you can get help to do this from



- your family or a friend



- a group called a **Trust** – this is a group that will spend your money for you but only on what you tell them



- someone you pay – this means someone like a **support broker**. A **support broker** is someone you can trust to help you plan your support



- a **service provider** – these are people who provide services to help and support you. For example they might send someone to help you get dressed and washed



- a **care manager** or **social worker** – these are people who can help you find the right support



If someone else looks after your money for you, this is called an **Indirect Payment**. This is like a **Direct Payment**. You still get the money but tell someone who is helping you how you want to spend it.



## Simon's story



Simon gets money to pay for help and support from the council. He gets this money as a **Personal Budget**. This is money from the **social services**. **Social services** are in charge of looking after people who need help and support.



Simon uses his money to pay for people to help him get up in the morning. He also goes to a **day centre** 3 days a week. A **day centre** is somewhere you can go to meet other people and do things in the daytime.



Simon wanted to stop going to the day centre and go on a computer course instead. He asked his **social worker** to help him change things with his money. A **social worker** can help you find the right support. Now Simon pays for some of his help and support using his **Personal Budget**.



He also gets money as a **Direct Payment** – this is money that comes straight to him. He uses this money to pay for someone to help him do his computer course.

## How to find out more



You can find out more about staying in control by going to

**[www.in-control.org.uk](http://www.in-control.org.uk)**



You can **download** a DVD to watch on your computer by going to

**[www.in-control.org.uk/dvd](http://www.in-control.org.uk/dvd)**



**Download** means saving information on your computer so you can look at it when you are ready.



You can buy the DVD and books that tell more on the internet by going to

**[www.in-control.org.uk/shop](http://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



You can look at this website too

**[www.direct.gov.uk](http://www.direct.gov.uk)**

## 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](mailto:help@mencap.org.uk)**



If you want to read more fact sheets, you can go to **[www.mencap.org.uk/incontrol](http://www.mencap.org.uk/incontrol)**