

A Guide to Personal Budgets

	<p>Personal Budgets are about you being able to choose the help and support you want. They will give you more choice and control over your support.</p>
	<p>If your assessment from Adult Care and Support shows that you need support you will get a Personal Budget.</p>
	<p>A Personal Budget is money you can get from the Council to pay for the things you need like support at home or things to do in the day.</p>

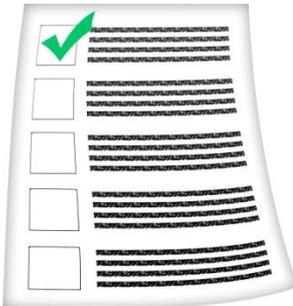
Getting Support



First of all you will need to have an assessment with a social worker. They will find out some information about you, and talk to you about what you needs are. This will be in private but you can have your carer or a family member there if you wish.



They will ask you to answer some questions on a form about your needs.



The worker will listen carefully to what you say. They will let you know if you are able to get support.

Getting Support

	<p>The social worker will talk with you and the people who are important in your life about what your needs are and what you want your support to be.</p>
	<p>They will look at what money you have coming in and out They will tell you if you need to pay some money towards your support.</p>
	<p>The social worker will then tell you how much money you should have to buy your care and support.</p>

Planning Support

	<p>When you know how much money you are going to get you can choose what to spend it on.</p>
	<p>The next step is to do a support plan this shows what you are going to spend the money on.</p>
	<p>You can fill in the plan yourself, with help from your family, friends, an advocate or the council can help.</p>
	<p>Your support plan will show</p> <ul style="list-style-type: none">How you plan to meet your needs.What you want to stay the same in your life.Who you want to support you.When you would like the supportHow much your support will cost.How you want to manage the money.

Managing your Personal Budget

	<p>You can look after it yourself, if you do this you are in charge of paying for the things you need, like your support or the things you do in the day. Looking after the money yourself is called getting a direct payment.</p> <p>You can also choose to have help to manage your direct payment. In Lincolnshire the support service who will do this is Penderels Trust.</p>
	<p>The council can hold all the money for you and arrange all the services for you.</p>
	<p>Or you can have a mixture of the 2. This would mean you can have some of your budget as a direct payment and the council would manage the rest of your budget.</p>

What can I use my Personal Budget for?

	<p>You can use the money to buy support that meets your care needs. There are lots of different types of support you can choose these include;</p>
	<p>Employing a personal assistant Care and support at home</p>
	<p>Joining a local club or group that will help you learn new skills and meet new people</p>
	<p>Buying a piece of equipment</p>
	<p>You can come up with ideas of your own</p>

What can't I use my personal Budget for?

	<p>You cannot use your budget for;</p>
	<p>Food and drink</p> <p>Your rent</p> <p>Equipment that the NHS can provide</p>
	<p>Anything that is against the law</p>

Reviews – making sure things are going well



6-8 weeks after your support has started, your worker will check with you that everything is going well.

This is called a review.



At the review, you will need to show how you have used your budget to meet your care needs. You will need to keep a record of what you have spent the money on for example receipts.



You will have a review every year. If things are not going as well as you would like or are not working your worker will help you to make any changes to your support plan.