

What can I NOT spend my money on?

There is flexibility with your Personal Budget and this will all be discussed and approved in your Support Plan. However, you can NEVER spend it on:

- Anything that is against the law
- Gambling, including lottery tickets, bingo etc.
- Healthcare needs that should be paid for by Health Services

Your Personal Budget should also not be used for general spending on things like:

- Food shopping
- Gas, Electricity, Water, Phone bills
- Mortgage/rent payments
- Cigarettes and Alcohol

What if my circumstances change?

If you need either less or more support, you should contact Adult Social Care and Health on 01744 676600 or contact your Care Manager who can arrange to revise your Support Plan and Personal Budget.

What if I cannot have a Personal Budget or I am unhappy with the amount of my Personal Budget?

You will need to speak to your Care Manager who will advise you what to do and who can support you further.

What is an Individual Budget?

This is similar to a Personal Budget but it would also include money from other funding streams in addition to Social Care. Other places that offer funding, depending upon your circumstances, are the Independent Living Fund and Supporting People. Your Care Manager can advise you on this.

access st.helens

it's easy to contact us

St.Helens Council offers a translation and interpretation service covering foreign languages, British Sign Language, Braille and audio tape.

For a translation of any St.Helens Council publication, please provide your name and address and the name of the language you require to the Contact Centre, quoting the title and/or reference number of the document.



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www.sthelens.gov.uk

If you would like to know more about personalised Adult Social Care and Health Services and support, contact St.Helens Council Contact Centre on **01744 676600**.

If you would like to know more about Adult Social Care and Health's Personalisation Programme, please contact us on **01744 674163**.

My Life, My Choice.

www.sthelens.gov.uk/mylifemychoice



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What is a Personal Budget?

A Personal Budget is a clear upfront allocation of funding to enable you to make informed choices about how best to meet your agreed outcomes, including your broader health and wellbeing.

This is an amount of money that is available to you to meet the outcomes that have been agreed within your Support Plan.

With a Personal Budget:

- You have control over the support you receive
- You have the choice to decide which types of support best meet your individual needs
- You can have as much or as little help as you need to set up your Personal Budget or to arrange your support

Who can have a Personal Budget?

If you are over 18 and assessed as eligible for social care support from St.Helens Council, you may receive a Personal Budget.

You may have:

- A Physical, Sensory or Learning disability
- An age-related illness or impairment
- Mental health problems

If you are already in receipt of services from Adult Social Care in St.Helens, you can also move to a Personal Budget when your support is reviewed.

What if I am under 18?

If you are over 16, but under 18, and are in transition from Children and Young People's Services to Adult Social Care and Health, you may be assessed and receive an indicative budget (that's the amount to which you *may* be entitled) but you will not receive your Personal Budget until you are 18.

How do I get a Personal Budget?

After contacting St.Helens Council Contact Centre, an assessment will be carried out to find out whether you are eligible for Social Care and, if so, what areas of care and support you need.

This assessment will cover areas such as:

- Your personal care needs
- Daily living
- Keeping safe
- Your social life

You can also make a self-assessment online at www.sthelens.gov.uk/mylifemychoice, but this will not replace a visit and assessment by the Council's Access and Information Team.

With the help of your social care professional you will then complete a Resource Allocation Questionnaire, which is a series of questions about your needs. This will then inform you of what your indicative budget is.

Completing a Support Plan

You will then complete a Support Plan and assistance can be provided with this if needed.

Your Support Plan will include what outcomes you wish to achieve, how you wish to achieve them and at what cost.

When your Support Plan is agreed by a social care professional, you will be told how much you will receive as your Personal Budget. You will also be told whether you will need to contribute towards your care costs.

How do I receive my Personal Budget?

There are different ways in which you can have a Personal Budget.

You can receive it via:

- A Direct Payment into your bank account (you can request information on this)
- The Council can look after your money on your behalf
- A Social Care Provider can manage this on your behalf (called an "Individual Service Fund")
- A combination of the above

You can organise how you would like to be paid through your Care Manager.

What can I spend my money on?

This will be agreed in your Support Plan. It may include:

- Employing a Personal Assistant (PA) (you can request information on this)
- Exchanging a friend, family or neighbour's support in return for them going along with you to an event or activity
- Home alterations that reduce the need for personal support
- Assistive technology and computer assistance to aid communications and reduce the need for personal support
- Help returning to work
- General health support
- Better access to transport

Further explanations and examples are available online at www.sthelens.gov.uk/mylifemychoice and click on Personal Budgets.