

Self-directed support

An introduction to self-directed support

This fact sheet tells you what self-directed support is and how it works. It gives links to other fact sheets and resources.



To get more help
contact In Control.
Tel: 01564 821 650
Email In Control
help@in-control.org.uk

Find more fact sheets at:
www.in-control.org.uk/factsheets



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This fact sheet was produced by In Control and Mencap as part of In Control and Me, a lottery funded project.
www.in-control.org.uk/icandme

The basic facts

self-directed support:

- is the new system of social care. In Control developed it and now it's government policy
- puts the person who needs support in control. In the old system you didn't have that much say about your support
- has systems for working out quickly how much money you get for support. You can control that money or get someone to control it for you
- means that you can use the money to get the life you want. You don't have to spend the money on services. There's a lot of flexibility.

More information about self-directed support

To help people to get control of their support, In Control has developed seven steps to self-directed support.

More information on the seven steps can be found on the next page.

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The seven steps:

1. My money – finding out how much

Your local authority will give you a short self-assessment questionnaire. The authority should then tell you quickly how much money you are entitled to for your support.

- More info: [Fact sheet 3. My money – self-assessment](#)
- More info: [Fact sheet 4. What if I disagree with the resource allocation?](#)

2. Making my plan

You have to write a support plan. It should include the support you need and the things you would like to achieve in your life.

- More info: [Fact sheet 5. How to make a support plan](#)
- More info: [Fact sheet 6. Support brokers](#)

3. Getting my plan agreed

Your local authority must agree your plan before you get the money.

- More info: [Fact sheet 7: Getting my plan agreed](#)

4. Organising my money

There are several ways that you can take and manage the money you get for your support.

- More info: [Fact sheet 8: Organising my money](#)

5. Organising my support

There are different ways of organising your support. You can organise it yourself or get someone else to organise it.

- More info: [Fact sheet 9: Organising support](#)
- More info: [Fact sheet 10: Thinking outside the box](#)

6. Living life

Self-directed support is about using the support money to have a good life – for example, a good place to live, friends, and interesting things to do in the day.

- More info: [Fact sheet 11: Living the life you want](#)

7. Seeing how it worked

Support plans are bound to change and you need to review how things are working. Your local authority will review your plan with you.

- More info: [Fact sheet 12: Seeing how it worked](#)

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An example

Mrs Norman shops around

Mrs Norman is 69. She lives with her husband in an adapted bungalow. She has a number of health difficulties including spondylitis, osteo- and rheumatoid arthritis and glaucoma. Her husband also has his own health difficulties.

Mrs Norman didn't want to accept any personal help at first, but after a period in hospital, she agreed to have agency care morning and evening to help with her personal hygiene needs.

Then came self-directed support. Her social worker helped her through the self-assessment. Mrs Norman wanted to continue her personal care, to have help with the garden, household jobs and shopping trips, and keep her Motability car in good condition.

Mrs Norman decided to do her own support plan. She wanted to get the best value for money from her individual budget. She did this in a number of ways:

- She changed the domiciliary care agency to a smaller, cheaper one – £13 an hour rather than £18.
- She shopped around for the best car cleaning deal. Quotes ranged from £40 to £8. (It is important to keep a Motability car in good condition as there is a bonus payable at the end of the period.)
- She engaged a gardener at a good rate.
- She employed her grandson as her personal assistant for shopping trips (having checked that she only needed to pay him at student rates).
- She employed a personal assistant to help with household jobs.
- She can now afford chiropody once a month.

She says her individual budget has made her more independent and it has changed her relationship with her family, which includes three sons: "I don't feel so dependent on my family – I like to be part of their lives, but I don't want to be their lives."

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More information

There is a lot of information about self-directed support on In Control's website: www.in-control.org.uk

Here is a selection of things that tell you more:

Free to download from: www.in-control.org.uk

0006 Easy English booklet

0006a Easy English poster

These are also available in Urdu, Welsh and Spanish

0180 7 Steps Booklet – What is Self-Directed Support?

Free to download or you can buy a copy from:

In Control Support Centre, Carillon House, Chapel Lane, Wythall, B47 6JX or www.in-control.org.uk/shop

A report on In Control's First Phase 2003-2005

A Report on In Control's Second Phase: evaluation and learning 2005-2007

Printed publications for sale at:

In Control Support Centre, Carillon House, Chapel Lane, Wythall, B47 6JX or www.in-control.org.uk/shop

The Essential Family Guide: how to help your family member be in control Caroline Tomlinson

Keys to Citizenship: a guide to getting good support for people with learning disabilities Simon Duffy

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About the **In Control and Me** project

A three-year project to produce accessible information for everyone who wants to direct their own support, funded by the National Lottery through the BIG Lottery Fund. You can find out more at www.mencap.org.uk/incontrol or www.in-control.org.uk/icandme