

## About In Control

**In Control is a small but national charity working hard to help people to live the life they choose.**

For over ten years we have helped many thousands of people to gain choice and control in their lives through a concept we pioneered – self-directed support – which helps people to take charge of their care and support.

## Our mission

Our mission is to help create a society where people at risk of being excluded have the support they need to live a good life and where everyone is able to make a valued contribution.

## Our history

In Control was founded in 2003 by a small group of people who wanted to make life better for local families with disabled members.

Inspired by the Independent Living Movement (which helps people with disabilities to live, learn and work in their own mainstream communities), we pioneered the concept of self-directed support and developed personal budgets as a way for people to take control of their support. We piloted this model across six areas in England, bringing real, sustainable benefits for people with no increase in costs.

Between 2005 and 2007 this work strongly influenced government policy and resulted in 'Putting People First', a national policy which introduced personal budgets and helped to transform adult social care for the better. Since then the government has expanded its commitment to introducing personalisation across other sectors including health and children's services.

In 2011, together with the Centre for Disability Research at Lancaster University, we developed the Personal Outcome Evaluation Tool (POET) and published the results of the First National Personal Budget Survey, identifying the outcomes and experiences of people using personal budgets, and those of their family carers, to better understand what improvements were needed. We repeat the POET survey on an annual basis and have since developed it for personal health budgets, as well as for use in children's services to measure the impact of Education, Health and Care Plans and personal budgets for children and young people with special educational needs and/or disabilities.

In 2014 the Care Act modernised and consolidated the law on adult social care in England into one statute, and the Children and Families Act introduced the most wide-ranging policy and practice reforms for children with SEND and their families for more than 30 years. In response we produced two reports, reviewing how local authorities were performing and highlighting a set of key messages.

## How we work

In Control operates as an extensive network that is working for change and to provide people with the knowledge, power and tools to control their support.

### This Community of Change includes:

- Individuals who need support as a result of age, ill-health, disability or social disadvantage, together with their families.
- User-led organisations.
- Government and local authorities.
- Health organisations.
- Commercial companies.
- Charitable and not-for-profit organisations.
- Voluntary and informal people groups.

### Through this Community of Change we:

- Work directly with people who need support, and with their families, to seek ways in which they can learn from and work together to provide mutual support.
- Develop and test new innovative ways for people to be in control of their lives.
- Develop simple, effective ways of measuring the impact on people's everyday lives.
- Give advice and information by linking people to the right people who can help.

## How we're funded

We're funded by a range of sources; membership subscription, bespoke work via organisations such as CCGs and local authorities that enlist our help to implement personalisation, as well as through raised income for specific pieces of work, various grants and trust funding.

## How we're governed

In Control is a registered charity and a company limited by guarantee. We have a board of trustees and its members are also directors of In Control for the purposes of company law. The board of trustees has overall responsibility for the strategic leadership and governance of In Control.

## The team

We have a diverse team bringing together professionals with a wealth of experience in the health and social care sectors, as well as individuals and family members who have experienced the systems first-hand. We have a small number of employees and staff on secondment, as well as a wide range of partners who operate as associates of In Control.

## Where we're based

As a national organisation, we reach across the country from Carlisle to Devon. Whilst most staff are home based across the country, we also have a small office in Wythall, West Midlands.

## Find out more

If you would like to find out more about In Control, please visit our website where there is a wealth of information: [www.in-control.org.uk](http://www.in-control.org.uk)