

# How does **Self Directed Support** work?

It's easy to apply, and we'll help you every step of the way. Just follow the four steps below and you could find yourself with that little extra for the small things in life which make all the difference.



## 1. Self assesment questionnaire...



You and your Care Coordinator will fill in a form together. This is called a self assessment questionnaire.

You agree on the answers together.

## 2. Finding out the...



The information from this form will then be entered in a computer...

...and an amount of money will be calculated.

This is the amount of money that the Council think it may cost to support you...

## 3. Support planning...



You then need to make a plan that tells us how you want to spend this money to support yourself..

This plan has to be agreed.

More information and an example is on the right...

## 4. Living life...



Finally you can put your plan into action and...

**LIVE LIFE...**

## More about **Support Planning**...

A support plan belongs to you and can be presented in any way that you want. It doesn't have to look like a care plan. Some people have made DVD's, drawn pictures and used photographs.

### So be creative if you want to!

It has to tell us what's important to you, how you want to be supported to live your life, how it will improve your mental health and how you want to spend your money.

## TIM'S PLAN...

### 1. About me

Good at football, good at pool.  
Nice sense of humour.  
What you see is what you get.  
Care about what other people think about me. I have a really strong will to stay well. I experience serious and long term mental health problems. This means I find it hard to control my weight.

My world is flat. I worry a lot because I don't get out much and then I worry about things all of the time. I worry a lot about what people think about me. This means that I get nervous when I am out. I lack motivation. Sometimes noises outside sound like people talking to me.

When I have too much time on my hands I wonder what is real and what is not. I try really hard to challenge these thoughts.

### 2. What's important to me

My flat. It keeps me happy. Reading. Computer games. Music. Family. Being a City fan. My gerbils. Bike riding. Food, fattening food. Although I am good at not buying it.

Going out for meals with my mum and brother.

### 3. What I want to change

Four years ago I might not have wanted this money. Going out doing something. Going out with other people apart from my family. Feel depressed less of the time. Lose weight and exercise. Have confidence. Have friends. Get my social skills back. I want to stay positive more of the time. Having things to do and look forward to.

### 4. My support

I want to do things that will help me meet new people and get fitter. I need encouragement to shop and clean my flat. My mum and my Care Coordinator help me.

People reassure me about my benefits and money. When I am out and anxious I know what to do to make myself feel better. Doing things that make me laugh takes my mind off it.

### 5. How my support will be managed

I am going to organise all of the activities myself. I will open a separate bank account for this money. I will write down how much I have spent and what I have spent it on. I worry about spending money in the right way so I will spend it okay. I will keep the bank statements. My Care Coordinator will check in on me to make sure things are going okay with this plan and the money too.

### 6. Who helped me with this plan

My Care Coordinator

My Support Broker – Step by Step

## Your support plan should show:

- What is important to you
- What you want to change
- How you will arrange your support
- How you will spend your money
- How you will manage your support
- How you will stay in control
- How you're going to make things happen

Your plan tells us the things **you** want from life!



