

Self-Directed Support

Seeing how it's worked (review)

You should meet with your care manager or social worker about once a year to see how things are going. But you can ask for a meeting any time.

Your care manager or social worker needs to know how your plan is working. Also, you can help other people organise their support by telling them what worked and didn't work for you.



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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The basic facts

You need to meet with your care manager or social worker to review how your Personal Budget is working. Local authorities usually want you to have a review at least once a year.

A review meeting is about:

- seeing how things are going in general and checking whether the outcomes you put in your support plan are happening
- any changes that you've made - you can make adjustments to how you spend your budget as you go along
- making sure you are keeping healthy, safe and well
- checking that your budget is working well for you
- thinking about any changes you could make so that it works even better
- thinking about how your experience could be useful for other people with Personal Budgets.

You don't have to wait for this review meeting to make changes in the way you spend your budget. You can change things as you go along. If you want to make a big change in how you use your budget, you should consult your care manager or social worker - maybe have a review.

You can ask for a review meeting at any time.

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More information about review

People at your review meeting

You can invite anyone who is involved in your life to the review meeting - for example:

- a family member
- friends
- a circle of Support
- supporters
- an advocate
- whoever helps you to organise the money
- a support provider
- a broker.

Your local authority has a responsibility to check that things are going well. They will have standard ways of doing this. But the review meeting should be about you and how you are in control of your life. So what you think is the centre of the review.

The '4 plus 2 questions'

In Control has written questions for a review meeting. These are called the '4 plus 2 questions'.

The 4 questions are:

1. Living your life

Do you have what is important to you in your life?

Have you been able to change things you weren't happy with?

2. Spending your budget

How have you spent your budget? Have you spent it differently to how you originally planned?

How do you want to spend the budget in the future?

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3. Staying in control of your life

What ways have you found to stay in control of your life?

4. Getting and managing your support

What support have you used? Did you use paid and unpaid support? How did it work out?

The 'plus 2 questions' are:

5. What will you do next?

You might have clear ideas about what you want to change and things you want to stay the same. Or you might need some help to answer this question – perhaps from your care manager or social worker.

The review should end with an action plan of next steps.

6. How can you share what you have learned?

In Control thinks it's a great idea for people to help develop Self-Directed Support by telling others what they have learned about support. You might have ideas about how you want to share what you've learned. Your care manager or social worker should help you think about the best ways of doing this.

Outcomes

In your support plan you will have written down what your aims or goals are. The review should check whether you've achieved the goals you set. If you haven't, you need to think about what has stopped you and what will happen next so that you reach your goals.

This information forms a summary of the review.

Funding information

The money you get may come from different 'funding streams'. Each of these may want you to fill out a separate form. These forms should be filled in after you have answered the '4 plus 2' questions.

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How the review is run

Different local authorities run reviews in different ways.

The important thing is that you are at the centre of the process. If you do not think the review is run properly, you can suggest to the local authority that they use the '4 plus 2' questions in this factsheet.

An example

Jane's story?

Jane is a single parent and lives with her four children in Yorkshire. Jane has MS and sometimes uses a wheelchair. She used her budget to help with her parenting role and some domestic tasks.

Jane had her review and said her life had greatly improved because she now had help to get all of the children off to school on time. Jane particularly valued help in the winter months as it was hard for her to 'get going' in the cold mornings and so she got someone to drop the children off at school. She was spending her budget on a provider for the support which worked well. However, Jane explained to her social worker how she had now built up her confidence and felt much more in control of her life. The provider was not that flexible and was reluctant to adjust arrangements to suit Jane, in particular in the school holidays when they wanted a lie in. They both agreed if she employed the staff herself this would provide her with much more flexibility and even a bit of extra money to use in the long school holidays.

Jane got all the information she needed from the Centre for Independent Living and started employing her own staff.

Eight months on, Jane is now working as a volunteer at the CIL and is sharing with others what she has learned. Jane says after all it is only those people who have travelled the journey can really tell you what it is like.

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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

Reviewing Progress Simon Duffy and Helen Sanderson

From www.supportplanning.org

Support Planning and Review

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

How to be in control DVD

Printed publication 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

Useful websites

www.supportplanning.org

About the **in Control and me** project

A three-year project to produce accessible information for everyone who wants to direct their own support.

The project has worked with individuals and families to decide what information should be produced. This information will reach over 11,000 people a year through the national learning disability helpline. The In Control website will also have an online advice area.

More information: Lisa Dunne: 07984 111315.

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