



Easy read

How you can live the life you want

Self-directed support: an Easy Read guide to
getting the help and support you need



Self-directed support: an Easy Read guide to getting the help and support you need



Self-directed support is all about being able to choose the help and support you want.



We are writing lots of fact sheets to help you. Each one tells you more about **self-directed support** and where you can go to find out more information.



This fact sheet tells you more about **how you can live the life you want**. It tells you about making the most out of your **Personal Budget**. Your **Personal Budget** is money you can get to pay for help and support.



You get your **Personal Budget** from your **local council**. Your **local council** is in charge of things where you live. This means things like deciding who gets help and support.

How things are working



Everyone has the right to live the life they want. People who need help and support can live the life they want to live too. You have the right to



- have a nice place to live



- be safe – this means feeling OK in the place you live and the area you live in



- have fun



- get a job or do something interesting in the day



- be part of your **community** – your **community** is the area you live in



- have friends and **relationships** – a **relationship** means having a boyfriend or a girlfriend



- go on holiday



These are things that everyone wants to do. You can use some of your **Personal Budget** to pay for these things. Your **Personal Budget** is money you can get to pay for help and support. This will help you live the life you want to live.

More about choosing the life you want to live



You can spend your money in different ways to get the help and support you need.

You might want to spend it on



- a **Personal Assistant** – a **Personal Assistant** is someone who helps you out. They can help you at home or with other things like going to clubs or joining groups in your **community** – your **community** is the area where you live.



- **community support** – you can get this support from people you know in the area where you live. For example, you might get a lift to go somewhere from a friend. To say thank you for doing this you could buy them something using your money.



- **live-in support** - this is when someone lives with you to help you in your house. You might let them help you and in return you let them live with you for free



- **supported living** – this is when someone comes in to help you in your house but they do not live with you all the time



- **taking part in your community** – you can use your money to pay to join a group in the area where you live and learn new things or to join something like a gym. You might need to pay someone to help you when you are there



- **moving house or making changes to your house**



- **work** – you might need help and support when you are at work. You can use some of your money to pay for extra help



- **things to make your life easier.** For example, some people have trouble breathing when it is hot weather. They could spend some money on getting **air conditioning** fitted in their house. **Air conditioning** makes the air in your house colder. This helps people breathe more easily.

Other things you can spend your money on

You might want to spend your money on



- **skills** – are new things you can learn. You can pay someone to teach you new things like learning how to cook



- **taking a break** – some people use their money to go on holiday. This can cost less money than getting someone to take care of you to give your carers a rest



- **sharing with friends** – if you want to try something new you could ask your friends to join in with you. This way you can spend your money together to pay for things.



- **setting up a business** – you can use your money to start a new business. This means you can work for yourself



- **therapists or counsellors** – **counsellors** can help you talk about things that are going on in your life. **Therapists** can help you relax or make you feel better by **healing** you. **Healing** means making things feel better



Josephine's story



Josephine used to have a job but had to stop working because she was unwell. Now she gets an **Individual Budget** to spend. This is money she gets to pay for help and support.



Having an **Individual Budget** has changed my life. It has put me back in control .



Josephine did not have enough money to spend on the help and support she needed. She asked for more money to spend on lots of different things.



Before I had my **Individual Budget** I did not go out much at all. Now I can spend my money on things like paying someone to take me shopping .

How to find out more



You can read more stories about what other people have spent their money on by going to

www.in-control.org.uk/stories



You can **download** a DVD to watch on your computer and get books that tell you more about this. **Download** means saving the information on your computer so you can look at it when you are ready. You can look at the DVD by going to

www.in-control.org.uk/dvd



You can buy the DVD on the internet by going to

www.in-control.org.uk/shop

Or you can buy the DVD and the books from



In Control Support Centre
Carillon House
Chapel Lane
Wythall
B47 6JX

How to get help



To get more help you can contact the Learning Disability Helpline. You can do this by



Telephone **0808 808 1111**



Text **07717 989 029**



Email **help@mencap.org.uk**



If you want to read more fact sheets, you can go to

www.mencap.org.uk/incontrol