

### Support available to help you put together your Support Plan:

- You can develop your own person-centred Support Plan
- A **Support Planner** from InterAct can work with you - InterAct's service is **FREE**
- Your social worker can support this
- Please see [www.essexlocaloffer.org.uk](http://www.essexlocaloffer.org.uk) for information about services/support for children and young people with Special Educational Needs and Disabilities in Essex.

"Thank you for all your help - you are good at what you do. And very supportive to us families."



Reflects the reforms in the Children and Families Act 2014

# My Life, My Choice

## Self-directed support

### Information about Personal Budgets and Support Planning Services for Children and Young People

#### InterAct's Support Planning Service

Our staff will work with you to think creatively about how to use your Personal Budget to achieve the best outcomes, identifying what is working and what is not working so well for you, what changes you would like to make, your goals and aspirations, and how these can be best achieved.

The level and type of support will vary depending on individual needs, and this will be discussed and agreed with you at the outset of planning.

#### Information Sharing and Drop-In Events

Parent/Carers and young people are invited to share and learn more about Personal Budgets and the experience of others via organised events and drop-in sessions.

#### Please contact:

#### Support Planning Services Team

Tel: 01245 608359

Email: [supportplanning@interact.org.uk](mailto:supportplanning@interact.org.uk)

**We look forward to your call**

## InterAct

As an established provider of support and inclusive services and activities for people across Essex for over 20 years, our staff have a wide range of skills and experience, particularly in supporting the needs and aspirations of young people.

The Support Planning Team has been working with families and young people for many years, focusing on making a positive difference to their lives by creating individual support plans developed through person-centred planning processes.

Since 2010 InterAct has been working with Essex County Council and families, piloting Personal Budgets for Children and Young People with Disabilities.

*Please contact us for full details of all InterAct activities/services*

# InterAct

Moulsham Mill, Parkway, Chelmsford, Essex, CM2 7PX

T 01245 608201 [mail@interact.org.uk](mailto:mail@interact.org.uk) [www.interact.org.uk](http://www.interact.org.uk)

## My support plan



My friends & family



My Home



My support choices



My learning



My money



My health

## InterAct

**Call us: 01245-608359**

## Introduction

The Children & Families Act 2014 has brought many changes to the ways that support for children and young people with Special Educational Needs and/or Disabilities, and their families, is planned and delivered. **Your** individual goals and aspirations are now right at the centre, and you have more choice and control over the services you receive.

**Personal Budgets** are one way to achieve this.

We want to make more people aware of how a Personal Budget might help **you** lead the life **you** want, showing how things have changed for people who have taken this option.

## What is a Personal Budget? And how could it help YOU?

Personal Budgets are a new way to use money from Essex County Council Social Care to meet the **assessed support needs, goals and outcomes** of children and young people with disabilities. A Personal Budget is worth the same as the Social Care support provided now.

As a result of the new Special Educational Needs and Disability reforms, children and young people may now have an Education, Health and Care Plan (**EHC Plan\***), or assessment and planning for an EHC Plan may be taking place. Sometimes funding for specialist health or education support within the EHC Plan may also be included in a Personal Budget.

## Who can have a Personal Budget?

To be eligible for a Personal Budget a child/young person must have Special Educational Needs and/or a Disability, and be assessed as needing Social Care support, and/or specialist Health or Education services.

## How can a Personal Budget be used? Putting together a Support Plan

Those eligible for a Personal Budget will need to put together a **Support Plan**. This offers you the opportunity to think about what a really good life would be - now and in the future.

It should include the child's/young person's aspirations, and the outcomes they hope to achieve, describing what needs to change in their life, and how using the Personal Budget will achieve these changes. Alternatively, this might be included in the **EHC Plan\*** if the child/young person has one.

You can then use the Personal Budget to pay for agreed services, support or equipment which will **achieve the goals or outcomes identified for the child or young person**.

## Some possibilities:

- support to take part in activities in your local community
- support to make new friends
- services or personal assistants (PAs) to provide you with care and support.
- equipment which supports a need and helps meet outcomes
- necessary training that a PA might need in order to provide support
- Other types of specialist support

## How is a Personal Budget managed?

It will be your choice if you wish to manage the money as a Personal Budget (e.g. via Direct Payments), or if you wish to receive a direct 'managed' service, e.g. for Short Breaks (respite) or care support, or a combination of both of these.

**\*For information on EHC Plans, please phone iSEssex: 01245-608300**

## WHAT NEXT?

### How to get a Personal Budget?

**First step:** you will need to contact the Social Care Children with Disabilities team (CWD) to request that money for services currently provided to support the child/young person can be reallocated to you as a Personal Budget.

If a child /young person is not yet known to CwD, you should contact the **Initial Response team at ECC: 0845 6037627**

Any agreement about funding will depend upon both the child's/young person's individual situation and the local cost and availability of the particular type of support you require.

### Thinking about your Support Plan:

The **Support Plan** should set out **how you want to be supported** and **how you plan to spend the Personal Budget**.

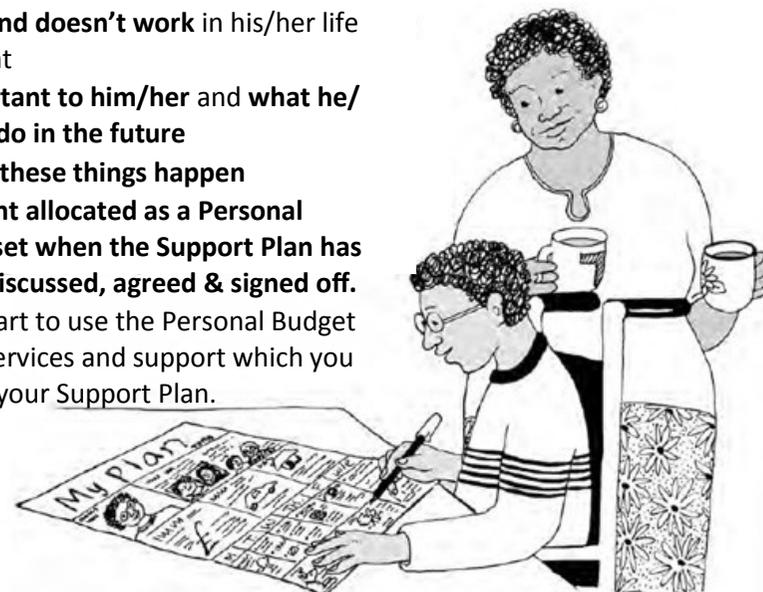
You might want to involve your family or friends to help you make these decisions.

When you make your plan, think about:

- the **support the child/young person needs** to keep healthy, safe, independent and well
- **what works and doesn't work** in his/her life at the moment
- **what is important to him/her and what he/she wants to do in the future**
- **how to make these things happen**

**The final amount allocated as a Personal Budget will be set when the Support Plan has been written, discussed, agreed & signed off.**

You can then start to use the Personal Budget to pay for the services and support which you have chosen in your Support Plan.



**“Thank you very much for helping me to prepare for my future”**

**“The budget has allowed Paul to have a social life, interacting with others and playing a lot more.”**