

## You can choose your own support and we can help.

Adult Social Care in Sheffield is changing to put you in control - it is your life, your choice and your support.

## What is my life going to be like?

You can choose the support that you want to suit your needs.

You can self-direct your support. You are at the centre of the decisions which affect your life.

Support is not about someone else doing something for you. It's about working together to decide what's best for you.

## Your support

- will be delivered in a personal and flexible way
- can give you freedom and independence to live your life
- can help you to meet new people and make new friends
- can give you the confidence to do the things that you have always wanted to.

## How can I get this?

This will be the way that everyone will receive support. If you are currently receiving support from adult social care, this will be the process that will be in place for your review.

If you are over 18 and are not already receiving support, but you think that you may need some, you can contact our Adult Access Team on **0114 273 4908**. The team will advise you on whether you can receive support from adult social care.

## How can I find out more?

For more information, you can visit our website: [www.sheffield.gov.uk/asc](http://www.sheffield.gov.uk/asc)

Or you can contact the Self Directed Support Team on:

**Telephone: 0114 273 6837**

**Email:**  
[selfdirectedsupport@sheffield.gov.uk](mailto:selfdirectedsupport@sheffield.gov.uk)

**Address:**  
Redvers House  
Floor 10  
Union Street  
Sheffield S1 2JQ

This document can be supplied in alternative formats, please contact 0114 273 6837

Sheffield City Council  
Self Directed Support Team  
[www.sheffield.gov.uk/asc](http://www.sheffield.gov.uk/asc)



When you have finished with this document please recycle it

**80% recycled**

This document is printed on 80% recycled paper

**your  
life  
your  
choice  
your  
support**



**Personal budgets and  
Self Directed Support**



Sheffield Health and Social Care  
NHS Foundation Trust





## How it works if we agree we can support you. You are involved in the decision-making right from the start.

**1** The first step is to fill out a questionnaire which will tell us about your needs. You will be supported by your social worker, care manager or care coordinator to do this. You can also choose to have your family, friends or an advocate there if you wish, but it will still be your questionnaire.



Page 98

**5** Your support plan will also help you plan for when things go wrong so that you know what will happen if there is an emergency.



**2** We can then use this information to work out how much money is available to help you plan your support to meet your needs. We will also work out how much you can afford to pay towards your support depending on how much money you have.



**4** When writing your support plan, you can choose to manage the money and organise the support yourself. However, you can also ask for a family member, an agency or the council to do this for you.



**6** Once your support plan has been agreed, the money will be released to organise your support. Then you can get on with living your life the way you want to.

**3** You can choose how you would like to spend this money, providing it meets your support needs, it is legal and it keeps you safe. This is called your support plan.



**7** We will review your support plan with you once a year or earlier if needed. This is to make sure that it is still meeting your needs and that you are happy with the support that you have chosen. We can also help you to make any changes that you might like.

