

# Planning Your Support

## Your Personal Budget

Once the Self Assessment Questionnaire has been completed and the community care assessment has confirmed your eligibility, a decision will be made about your indicative Personal Budget amount. This isn't exact but is enough to give you a good idea of the amount that you can spend up to.

Once you know roughly how much money would be available to meet your needs and achieve the desired outcomes, you will need to develop a support plan that shows how you intend to use the money to do this.

## Doing your Support Plan

You will receive guidance and a template for a support plan but it can be done in any format you prefer; you can write it, draw it, film it, paint it, tape it or photograph it!



You can get help to do your support plan or you can ask someone else to do it for/with you.

There is some information that must be included in your Support Plan. Please refer to the Support Plan template, guidance and checklist of things to include for more details.

Once complete, your Support Plan must be agreed by the Council before any money is released.

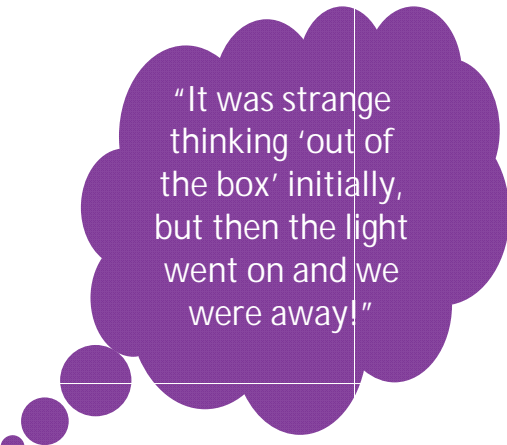
## Focusing on outcomes

One of the most exciting things about Self-Directed Support is that, by focusing on outcomes, it removes some of the constraints about what can be bought or paid for to meet your social care needs. With this in mind, we still need to be clear that you will be using your Personal Budget to meet your assessed eligible needs and this will need to be clearly demonstrated in your Support Plan.

## What can you spend your Personal Budget on?

In Shropshire, you can spend your Personal Budget on anything you like as long as:

- It is legal;
- It isn't gambling, or paying off personal debt;
- It doesn't put you or others at an unacceptable risk;
- and – importantly – you must show how it will meet your eligible needs and help achieve the outcomes that have been agreed.



“It was strange thinking ‘out of the box’ initially, but then the light went on and we were away!”

One of the best ways to think about how you can use your Budget creatively to achieve outcomes is by hearing stories about what other people are doing. You can contact other people with Personal Budgets by contacting Shropshire Council on [0345 678 9044](tel:03456789044).

To find out more about the services that are available to people with Personal Budgets in Shropshire please see Fact Sheet 5 - Knowing what services are available

# What help is available to plan your support?

People can have as much help as they need to plan their support and in Shropshire this is available from a number of places:

- [Family and friends](#)

For many people, it will be their family and/or friends who help them plan who may just need arms-length support from others,

- [Care Managers](#)

For many people their Care Manager will be very involved in developing their Support Plan and will often still be involved even when the work is being led by someone else.

- [Independent Organisations](#)

Currently there are organisations that are available to provide a service that supports people to do their support planning. Contact details can be found over the page.

- [Other people who have developed Support Plans for themselves](#)

If you are interested in this option please contact Shropshire Council on [0345 678 9044](tel:03456789044) and they will be able to put you in touch with someone who can help and who has been through the experience for themselves or a family member.

## Support Planning Organisations

In Shropshire there are various organisations that provide a service that supports people to do their support planning. If you are interested in this service your Care Manager can refer you to the one that Shropshire Council has a contract with. You can also contact them yourself or a family carer, friend or relative can contact them on your behalf.

Name of Organisation	<b>Bethphage</b>
Address	143a Belle Vue Road, Shrewsbury, SY3 7NN
Telephone Number	01743 272880
Web	<a href="http://www.bethphage.co.uk">www.bethphage.co.uk</a>
Name of Organisation	<b>Penderels Trust</b>
Address	DRC, Lancaster Road, Harlescott, Shrewsbury, SY1 3NJ
Telephone Number	01743 350174
Web	<a href="http://www.penderelstrust.org.uk">www.penderelstrust.org.uk</a>
Name of Organisation	<b>Trident Reach</b>
Address	Ennerdale , Upton Magna Business Park, Upton Magna, Shrewsbury, Shropshire, SY4 STT
Telephone Number	01743-709184
Web	<a href="http://www.reachthecharity.org.uk">www.reachthecharity.org.uk</a>
Name of Organisation	<b>Taking Part</b>
Address	Unit 2, Hartley Business Centre, Monkmoor Road Shrewsbury SY2 5ST
Telephone Number	01743 363399
Web	<a href="http://www.takingpart.co.uk">www.takingpart.co.uk</a>

For more information about My Life My Choice, Self Directed Support in Shropshire and the services that are provided by the Council go to [www.shropshire.gov.uk](http://www.shropshire.gov.uk)  
On the website you will find a number of helpful guides and leaflets that are available to download for free.

For help with social care emergencies that occur outside of office hours contact  
The Emergency Duty Team on 08456 789040

You can also get a copy of the leaflets, guides and other information produced by the Council from your Care Manager, local Customer Service Points or by calling this number 0345 678 9044