



Do you need help in your day to day life?

Southwark Council's adult social care services can help you make sure you've got the advice and support that's right for you.

Southwark
Council

Support personal to you

You know best what you need to be independent and well. Personalisation is about making sure you have choice and control over the support you need to live your life.

Self directed support

This is how we make personalisation happen. It means:

- We put you in touch with support in the community and the right sources of information
- We help you regain your independence

If you are eligible for ongoing council support, it also means:

- You have a choice about the kind of support that suits you
- You put together a unique support plan
- You control your personal budget

What is a personal budget?

A personal budget is a sum of money available to people eligible for support from adult social care. It allows you to plan and pay for assistance or other resources that will meet your individual needs, so you can enjoy an independent and fulfilled life. You can manage the budget yourself or ask a trusted person, organisation or the council to do so.

Your budget won't affect any benefits you receive. You may need to contribute to the value of your personal budget. We take into account things like income and savings when working this out.

What is a support plan?

A support plan shows how you intend to use your personal budget to meet your social care needs. It lists who will be providing each element of support, who will be managing the budget and what outcomes the plan will achieve to improve your independence, wellbeing, health and safety.

Support plans are tailored to you and reflect your thoughts and preferences about your support options. You can complete your plan yourself or get help from family, friends, a social worker or a support planner.

You might use your budget to purchase support to get washed and dressed, go out and about, feel part of your community, keep safe and well, develop a skill, or access work or training.

Here's how it works...

Got questions?
Email contactadultsocialcare@southwark.gov.uk,
call 0207 525 3324
or visit our website

1 Get in contact

If you feel that you need support from Adult Social Care you can contact us on **020 7525 3324** or email **contactadultsocialcare@southwark.gov.uk**. You may also be referred to us if you need some extra help after coming out of hospital.



2 Build independence

We want you to be as independent as possible. We can provide information and advice and if required will offer immediate support. If you need short-term practical help to regain your independence we can offer it – this is called 'Reablement'. If you still need support afterwards, we will start to discuss your options.



3 Assess your needs

We work with you to see whether you are eligible for ongoing support from the council. You tell us how you feel about your own needs and what you would like to achieve. If you are eligible, together we will work out how much your social care needs will cost. This is called setting your personal budget.

If you are not eligible for paid support, we will help you get in touch with a range of community support options that can offer information or assistance. We can also offer support for people caring for family or friends.



4 Create a support plan

You decide how to use your personal budget to meet your social care needs and goals. You then put together a support plan that's unique to you, showing how you will spend the money. You can get help to create it from your friends, family, social worker or a support planner. Your plan needs to show how you will use your personal budget to be healthy, safe, independent and well. The council will need to approve your support plan.



5 Use your budget

To have the most choice and control, you can receive the budget as a direct payment and purchase your own support. Or if you prefer, a trusted person, organisation or the council can manage your budget on your behalf. If you choose to manage your own budget, we will let you know any records you need to keep. We will meet with you regularly to talk about how well your plan is working for you. You can contact us at any time if your needs or circumstances change and you wish to alter your support plan.

