



**How to
take control
of your
disabled
child's care**

**giving you
more choice**



**with
personal
budgets**

KIDS logo



This booklet is for families who have disabled children.



It tells you about changes to how your child's care and support is paid for.



It tells you how this will help you to be in control of your child's support.



The government says that every family with a disabled child will be able to have a **personal budget** from 2014.



This booklet tells you how you can start getting a **personal budget**.



It tells you what some families think about the changes.



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What is a personal budget?

It is the money a family can get to pay for the **care and support** they need for their disabled child.



It is a way of making sure that:



- the child is **at the start** of all the plans for their support.



- children get the support that is **right for them**.



- children have support to do **as much as they can**.



- the family has **choice and control**.



- the family **takes part** in making the choices for the child.



How does it work?

Personal budgets are for disabled children's

- **care needs**
- **learning needs**
- **health needs**



You can choose to take control of the money **yourself**



or
you can ask **someone else** to sort out the money.



You can **change** the support your child gets



or
you can **keep** getting the support your child gets now.



You know what is best for **your** family.

What can you spend the money on?



- **Paying someone to help your child** in the house or outside.
- **Buying things that will help your child** to join in and do what the rest of the family can do.



- Help to **join in family outings**, like swimming or going to a show



- Things for **feeling healthy and well**, like sports or making friends.



- **Time away from the family** to give everyone a break and the chance to try new things.



You may be able to think of other ways to spend the money that are best for your child.



What you **cannot** spend the money on



things that **do not help** your child



things that **may hurt** your child

things like **cigarettes, wine or beer**



making a bet with the money, like in a card game or a horse race.



If you want to spend it for your child to have **time away from the family**, it must not be for



more than **4 weeks at a time**



or more than **120 days in a year**.



You cannot **pay someone in your family** to give support if they live with you



but sometimes the council will allow this if there are **very good reasons**.



How to get a personal budget



Fill in the **assessment form**.

You can **get help** to do this from an advocate, a support worker or your friends or family.



The council will use the assessment to work out **how much money** your child can get.



Make a plan about what you want your child to do and how you will spend the money.



The council will tell you if it **says yes** to your plan.



Start to **use the money**.

You can **get help** with this.



Once a year there will be a **meeting** about the plan to see if it is working and if there need to be changes.



What do families do with the money?



We pay a worker to come and look after the children so that I can go to church or do the shopping.



We can spend it on things to do together, or on different things.



My son goes to the soft play, and my daughter can go and get her nails done.



The money has paid for him to go horse riding and to the park.



It has paid for a trampoline and a swing.



It pays for a cleaner once a week, so that I can spend more time with my son.



His worker takes him out to do fun things where he meets other children and makes friends.



His friends come to visit and they do cooking together.

We use the money to buy the food they cook.



His worker takes him to dance.

She is teaching him how to travel there too.



We have spent it on going to see shows.

It pays for her travel and the hotel too.



It means we can do things together as a family.



We spent it on an I-Pad to help him to communicate.



What changes has it made?

It has changed our lives.

We choose how to use the support.



We picked the workers who support him.

We ask our child how she wants the money to be spent.



He can use it when he needs it the most, like in the holidays.



He has learnt a lot of life skills.

He spoke at some big meetings about how the money has helped him.



We used to live from day to day, but now we have lots to look forward to.



It was hard to ring up and ask for help, but it was the best phone call I ever made.



What were the bad things about getting started?



It takes a long time and lots of work to get it going.



It is a lot to take on so you need good advice.



We would like to pay someone else to help us fill in all the forms.



Paying the tax for the worker was hard.



I did not want to do it all myself, so now I use a care agency.



The paper work was hard to understand and full of jargon.



It took a long time to find the right worker, but now it is great.

What can³ help?



Families meeting up and **sharing ideas**.



Families who have done it can **help new families**.



Sharing information about agencies who have good workers.



Making the paper work **easy to understand**, most of all the money part.



Changing to new support is hard but you do get **into the swing of it**.



It is still a new thing and so there are **not many services** out there to use.



Top tips from families

Planning and assessment



Get **ideas** from family, friends and others about what you can do.



Make sure you make time to **plan**, or get someone you know well to help you.



Make your **own plan** so that someone doesn't make it for you.



Take a **friend or advocate** to the assessment. They can **take notes** for you.



Ask the council how they **work out the money**.



If you think the support money is wrong, ask them to work it out again.



Top tips¹⁵ Spending the budget

Think about **how much** you can do.



Think about what you can **give to other people to do**



like

- **finding a worker** for your child
- sorting out their **pay and tax**
- working out the **money**



Be clear at the start what you want.



Plan ahead

so that there is money for

- holiday pay
- training
- emergencies



You can **share the costs** with other families if the children **do things together.**



Why we made this booklet

The government says that from **2014**

every council will tell families with disabled children clearly about what support and services they can get.



children's services will let **families have more say.**



All disabled children will have **one assessment** that looks at all their **health learning and care needs**



This booklet was made by KIDS. With help from



- Disability Rights UK
- Daycare trust
- National Association of Families Information Services
- In Control
- OPM
- Include me TOO



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