

what is a self-directed assessment?

The first step to getting social care support is having an assessment. This is when you and a care manager look in detail at what kind of support you need to live your life as independently as possible.

Anyone 18 or over can ask for an assessment. Speak to your care manager, if you already have one, or telephone Customer Services on 0113 222 4401 (textphone 0113 222 4410).

It's called a *self-directed* assessment because you lead the process. You can also involve friends, family, your carer, or anyone else you trust.

What happens in an assessment?

A care manager will talk to you about any difficulties you may be having, and what help you think you need. Together, you will fill in a questionnaire. The questions are about things like looking after yourself, getting around and staying healthy.

Your care manager will talk with you about how much support you feel you need in these areas. This information will help them to identify your needs, whether you're eligible for support from Leeds Social Care and how that help can best be provided.

They will also talk to you about what your personal budget can and can't be used for, how you want to receive and manage the money, and whether you're entitled to any benefits or other funding along with your personal budget.

What happens after the assessment?

If you're eligible to receive social care support, the answers you've given in your assessment will allow your care manager to calculate how much your 'indicative' personal budget is. This is not the final figure, but will give you an amount to use as a guide when you go to the next step and start building your support plan.

The final amount will be agreed when your support plan is approved, to allow for any changes.

- Find out more in the factsheets '*Introduction to personal budgets*', '*What is a resource allocation system?*' and '*What is a support plan?*' – information on how to get copies is overleaf.

Turn over
for further
information



Find out more about personal budgets and directing your own support

personal budgets and employing PAs

- **Fact sheets** – find the rest of the series at www.leeds.gov.uk/personal_budgets
- **Booklet: *Your Personal Budget*** – more detail about the different steps to getting a personal budget.
- **Short film: *Personal Budgets in Leeds*** – people in Leeds talk about using personal budgets to live more independently. Watch it online at www.leeds.gov.uk/personal_budgets.
- **Peer support** – talk to people who already use a personal budget! Contact Free to Live, the Personal Budgets Peer Support Network, on 0113 214 3594 or visit their website at www.freetoliveleeds.org.
- **Employing personal assistants (PAs)** – if you're going to be recruiting and employing your own PAs, ask for a copy of the *Leeds Guide to Becoming an Employer*. If you're using an agency, see 'Choosing services and support', below.
- **Further information** – visit the council's website www.leeds.gov.uk/personal_budgets for loads more information including frequently asked questions, a glossary of terms, and more.

No web access?
No problem. You can get copies of all booklets, fact sheets and other information from your care manager, or by phoning Customer Services on 0113 222 4401.

choosing services and support

- Visit www.leedsdirectory.org to find local services online. Search by service, postcode or the area where you live. Or phone the Directory Helpline on 0113 391 8333 for advice or a paper copy.
- **Booklet: *Guide to Buying Services and Support*** – tips on making the most of your budget when dealing with suppliers.

Collect the factsheet series!

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