

Your care, your way

Adult social care in Hackney is changing

Easy read version



Your care, your way



“I’m in control!”

Care for adults in Hackney is changing. Soon you can choose your own support and control your own life.



This booklet will help you understand these changes and how they may affect you.

What is happening?



We are working with health and care services and local people to make sure that everyone is listened to and helped. Better information and help will make sure you get the support you want.



If you need lots of care you will be able to plan your care yourself. This is called **organising your own support plan**.



You will be given money to pay for the care you want. This is called a **personal budget**.

How will it work?



1 We will talk to you to find out how much support you need.



2 If you don't need much care, there are other services that can help you. These may be with other health and care services, or in the local community. We will make sure you have the right support so you can live the way you want to.



3 If you need lots of care, we will give you some short term support. This may make you better right away. After this you may not need lots of support anymore.



4 But if you still need more help, we will talk to you again. We want to know more about what support you need.



5 How much care you need will tell us how much money you can have. This will be your personal budget.



6 You can use this money to organise your own support plan. You don't have to do this on your own, other people can help you do this.



7 You agree your plan with us.



8 Now you get on with your life.



9 We will talk to you sometimes about how you are doing. We call this a **review**. This will tell us if anything needs to change with your plan and if you're happy.

Other questions



What is a personal budget?

This is money given to you. You can use it to buy the support you need.

Can I have a personal budget?

Only if you are over 18 years old and need lots of care. Speak to us to find out if you can have a personal budget. Our details are at the end of this booklet.



What is a support plan?

This is about you and what support you need. Here you list the things that will make your life better. You must agree your plan with us.

Your support plan might include:

- What is important to you
- What support you need to make you happy
- Who will support you
- How long the support will last
- How we will check how you're doing
- How much your support will cost.





What can I spend my money on?

You can spend your money on things like:



- Someone to help you



- Support services from people in your community



- Equipment that can help you



College

- Training



Theatre

- Things you enjoy like going to the theatre



- Having a break



- Things that keep you healthy.



What can't I spend my money on?

Things like:



- Anything that is dangerous or against the law



- Paying for things that don't help you to live your life better



- Paying for things that are not listed in your plan.



How much money will I get?

This will depend on how much support you need.



Will I have to do this on my own?

No. We will always offer you help. You can also have help from friends, family, or other people who support you.



When will people start having personal budgets?

By the end of this year.

Would you like to find out more?



Call

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Visit

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