

## It's all about us!

### Stories of people who are self-directing their support

#### Acknowledgements

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The Council is working with the following partners to deliver Self-Directed Support:



This film has been produced by:



With thanks to:



If you would like information about Self-Directed Support and Personal Budgets in large print, another language, Braille or on audio cassette, please contact 0345 045 5202 and we will do our best to help.

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We all have thoughts and high expectations about how we want our needs to be met. We want to be able to make choices that allow us to take more control of our own lives. We want to be able to access high-quality services at a time that suits us. Being in control of our own support and having control of our lives is what we all strive for.

**"I'm quite determined, I know what I want. Self-Directed Support has helped me to gain a lot of flexibility in my life."**

Fran's story

Self-Directed Support gives people choice and control over how and when they are supported to live their lives. It starts by identifying an individual's needs and the money required to meet these. If you or someone you care for is eligible for support, you should think about:

- your support requirements and the things you want to achieve
- what will enhance your life
- what will enable you to participate as an equal in your local community.

**"It's quite unbelievable really. The things that I can do now I never even dreamed of I'd be able to do again. It's like being back before I was ill. It's given me a new lease of life."**

Mick's story

You should make a support plan showing your ideas for how you intend to use the money to meet your support needs and achieve the things you want to do. You may wish to:

- continue to use some of the more traditional services
- choose more innovative approaches that best suit you
- a combination of both.

**"It's placed the decision about what Annie wants to do in her hands ... it enables her to buy the level of support she needs to enable her to live independently."**

Tim and Annie's story

Once the Council or its NHS partners have agreed your plan you will be allocated a Personal Budget which you should use to organise the support you need and to get on and live your life. You can choose to manage the budget yourself through a Direct Payment, or ask the Council or another third party to manage it for you.

**"Having the funds to run a normal life - that's pretty much what he (Steve) uses it for."**

Steve's story

As the stories in these films demonstrate, Self-Directed Support means that people living in Cambridgeshire will have more choice about how and when they are supported to live their life.

**"It's been a really positive experience."**

Ushka's story

The films show how for people already self-directing their support, their Personal Budget is enabling them to live independently, stay healthy, exercise choice and control over their lives, be a part of their community, and to do the things that are important to them.

**"I feel like my mental health issues have got better from the self-directed care."**

Malcolm's story

If you think you or someone you care for may be eligible for support you should contact Cambridgeshire Direct on 0345 045 5202 and ask for an assessment. If you have a mental health need you should speak to your GP in the first instance.

**"It's taken a lot of pressure off my wife ... it's helped her as much as it's helped me."**

Mick's story

More details about Self-Directed Support can be found on the County Council's website at [www.cambridgeshire.gov.uk/social](http://www.cambridgeshire.gov.uk/social)