



Easy read

Spending your money on different things to make your life easier

Self-directed support: an Easy Read guide to getting the help and support you need





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Self-directed support is all about being able to choose the help and support you want.



We are writing lots of fact sheets to help you. Each one tells you more about **self-directed support** and where you can go to find out more information.



This fact sheet tells you about **spending your money on different things to make your life easier**. For example, some people spend their **Personal Budget** on things to help them out instead of paying a person to give them help and support. Your **Personal Budget** is money you can get to pay for help and support. This fact sheet tells you more about this.

New things to spend your money on



There are lots of new things you can spend your money on. New things can help make your life easier. For example, you might want to buy something that helps you use your computer more easily.

Sometimes new things are called **gadgets**. **Gadgets** are things you can use to help you out at home and at work to make your life easier.



You can put things you think might help you in your **support plan**. Your **support plan** says what you will spend your money on to get the help and support you need. For example, you might want to get a gadget that helps you with speaking.



You can ask your **speech therapist** about this. A **speech therapist** is someone who can help you with your speaking.



The **Disabled Living Foundation** is a group who can give you advice on this. The **Disabled Living Foundation** can make things easier to live your life if you are disabled. For example, they can tell you about **gadgets** or new things you can get to help you live your life.



There are lots of different things you can spend your money on that can help you out. Here are some stories about people who have spent their money on different things to help them out.



Greg's story

Greg has to take medicine and do health checks every day. He was getting help to do this from someone who came to his house but he wanted to sort things out on his own.



He found out that a good way to do this was by using a computer and a **web camera**. A **web camera** is something you can use on your computer so people can see and hear you. Greg uses his webcam to show that he is taking his medicine and doing his health checks properly. This helps him lead a happier life.



Andrew's story

Andrew needs help to look after his health. Before he got his **Personal Budget** he had to stay at home to take his medicine with his support worker. A **Personal Budget** is money you can get to pay for help and support.



Andrew uses his **Personal Budget** to pay for a gadget that helps him take his medicine on his own. This has given him more freedom to live his life how he wants to.



Margaret's story



Margaret needs help to look after herself. Her husband works a lot so Margaret has **Personal Assistants** to help her at home. **Personal Assistants** are people who help you out with things like getting dressed or moving around.



Margaret works from home but finds it hard to move around and get up out of her chair. She used some of her **Personal Budget** to pay for a new chair. The chair has been made so it is easy to get out of. Having the chair has helped Margaret out a lot. She feels a lot safer and happier now she has the chair.



Jack's story

Jack has a car but needs help to use it. He was having problems using the seatbelt in his car to keep him safe.



Jack spoke to the people who support him. They found out that he could use some of his money to get a special seat belt. Jack feels a lot safer with the new seat belt. He can drive himself around without any help. It means he can use the rest of his money to spend on other things.

There are lots of new **gadgets** you can get to help you live your life. **Gadgets** are things you can use to help you out at home and at work to make your life easier.

How to find out more

You can find out more about how to buy new things like **gadgets** that can help make your life easier.

You can get help from the



Disabled Living Foundation
380-384 Harrow Road
London
W9 2HU



Telephone **0845 130 9177**

Textphone **0207 432 8009**



Email **info@dlf.org.uk**
or **helpline@dlf.org.uk**



Or you can go to this website

www.shop4support.com

You can find out more about staying in control by going to

www.in-control.org.uk



You can **download** a DVD to watch on your computer by going to

www.in-control.org.uk/dvd

Download means saving information on your computer so you can look at it when you are ready.



You can buy the DVD and books that tell more on the internet by going to

www.in-control.org.uk/shop

Or you can buy the DVD and the books from



In Control Support Centre
Carillon House
Chapel Lane
Wythall
B47 6JX

How to get help



To get more help you can contact the Learning Disability Helpline. You can do this by



Telephone **0808 808 1111**



Text **07717 989 029**



Email **help@mencap.org.uk**



If you want to read more fact sheets, you can go to **www.mencap.org.uk/incontrol**