

Direct Payments: **Sheet 1**

**Central
Bedfordshire**

Personal Budgets and Direct Payments



A **Personal Budget** means you know what your care and support costs and plan how the money is spent.



A **Direct payment** is money from the Council to plan and pay for your care and support (instead of them doing this for you).



Your **care manager** (a social worker, nurse or other person) does an **assessment** to see what care and support you need.



Then they give you a rough idea of how much this will cost – your **indicative personal budget**.



Your **support plan** says how you choose to spend your personal budget.



You can spend it on anything that meets your care and support needs.



You can work on the plan yourself or get other people to help.



Sheet 2 tells you about different ways to do a Support Plan.



The Council must check that your support plan will help make your life better.



If the Council agree with your plan they work out your Personal Budget.



This might be *more* or



less than the indicative budget.



You can take some or all of your personal budget as a Direct Payment.



You can try a Direct Payment then change your mind if you do not think it is right for you.



X

You **cannot** spend a Direct Payment on:

- anything that is against the law



X

- gambling



X

- alcohol



Sheet 3 is about help to organise your care and support.

How to contact the Direct Payments Team



Telephone: 0300 300 8341



Email:

directpayments@centralbedfordshire.gov.uk