
SELF DIRECTED SUPPORT AND INDIVIDUAL BUDGETS

THE CENTRE FOR POLICY ON AGEING (CPA) is working with the Older People's Programme (OPP) and Helen Sanderson Associates (HSA) on an 18 month development programme designed to initiate and support eleven small scale projects to apply the principles and practices of self directed support with and for older people who need support to live their daily lives.

Self directed support puts people in control of the support they need to provide better outcomes for people who use services. Individual budgets are designed to help people manage their own support by taking control of the resources allocated and choosing the services that suit them best using the money/services from different funding streams more flexibly. The person is at the centre of the planning process as they are best placed to understand their own needs.

The project, **Practicalities & Possibilities: person centred thinking and planning with older people**, aims to develop a shared understanding and approach to establishing person centred thinking, planning and support planning with older people to help them to change their lives, direct their support, and use individual budgets. Access the project website at www.cpa.org.uk/PandP/PandP_home.html

The programme is aimed at local neighbourhoods, older people, local community organisations, networks and voluntary organisations working with local authorities and other statutory bodies including the NHS across England. It wants to help older people in local communities become more involved and increasingly take the lead in ensuring that older people from all communities are aware of their rights and entitlements to support; are engaged in local developments that impact on their wellbeing; and are able to access the support they need in their daily lives.

There are three key components: **shared learning** that focuses on the important lessons for taking self directed support forward with older people; **practical support** to 11 neighbourhoods and localities using the seven step framework of Self Directed Support developed by in Control, with a particular focus on support planning; and **leadership and capacity building** to ensure older people are at the forefront of shaping and extending these developments beyond the initial 18 month period.

A final publication capturing all of the learning, practical steps, personal stories, outcomes and implications for the future (etc) in the form of a national 'how to' guide will be produced in January/February 2009. It will be made available in printed and open source routes, and shared via the OPP, HSA and CPA websites as well as in Control and CSIP resources, Department of Health and Office for Disability Issues participating sites and regional offices.

For further details of the CPA's work, contact the Centre's Director, Gillian Crosby, email gcrosby@cpa.org.uk

For more details on self directed support access the in Control website at www.in-control.org.uk. Also see CPA's policies on ageing web page www.cpa.org.uk/cpa/policies_on_ageing.html, in particular the Department of Health circular *Transforming Social Care* issued (January 2008) and the ministerial concordat *Putting People First: a shared vision and commitment to the transformation of Adult Social Care* published in December 2007.

Selected reading lists are available to download from CPA's website www.cpa.org.uk/information/readings/readings.html

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