



# Self directed support

with personal budgets



## Self Directed Support with Personal Budgets for Mental Health

A new Project Board has been set up to take forward the implementation of self directed support with personal budgets in mental health services.

The project, led by Project Manager, Catherine Morley aims 'to implement personal budgets for social care across mental health services in Cumbria'.

Andy Roach, Executive Director of Operations and Executive Nurse, Cumbria Partnership NHS Foundation Trust said:

"In 2007 the government published *Putting People first: A shared vision and commitment to the transformation of adult social care*. This was the introduction of the idea of a personalised adult social care system, where people will have maximum choice and control over the services they receive.

In order to reflect on the radical changes that are happening as a result of national policy it is important to acknowledge the range of contributions that need to be made by everyone in order to focus on this.

The challenge will be about understanding how we meaningfully engage with each other to achieve this shift in power (managing to enabling) to allow people to have maximum choice and control over the services they receive a shift from a care management approach to one of self directed support.

The timescales are demanding and a call for commitment throughout is a must but I am confident that working together we can make future progress towards changing the service we provide to meet these national government drivers."

You will find more information about the project later in this newsletter.

November 2010

### Newsletter contents

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### Case studies needed

Examples of real service users and how they have benefited from personal budgets are invaluable in promoting the approach to service users and staff.

Our existing case studies were collated before our launch of personal budgets so we need to refresh these with new cases from the last year. If you know of someone who would be interested in being featured as a case study, please contact:

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## Self Directed Support for Mental Health Project

A new Project Board has been set up to take forward the implementation of self directed support with personal budgets in mental health services.



Cumbria Partnership   
NHS Foundation Trust

When Adult Social Care implemented self directed support with personal budgets for other service user groups in November 2009, mental health was not part of this work. There were a number of reasons for this such as the lack of an integrated IT system and the complexity of implementing across social care and health care staff. While these issues haven't gone away, it is clear that the inequality of not being able to offer personal budgets for mental health needs to be addressed.

The project, led by Project Manager, Catherine Morley aims 'to implement personal budgets for social care across mental health services in Cumbria' by 31 March 2011. At a first Project Board meeting, the governance arrangements for the project were discussed. A series of working groups were identified for: user and carer engagement; performance; learning and development; systems, IT and finance; communications and marketing; operations and personalisation; and contracting and commissioning.

The Board also discussed some of the key issues the project will need to address:

- Offer personal budgets for social care to all adults using mental health services aged 18 and over, who are living in the community and eligible under Fair Access to Care criteria .
- Consider personal budgets for young people aged 16 and 17 years old in the transition process.
- Apply to people in recovery and those with longer term needs. It will not apply to crisis services although these will need to be aware of personal budgets for planning for recovery and long term needs.
- Clarify what is considered to be a social care service and what is a health care service.
- Apply to Community Mental Health Teams, Early Intervention Teams and Assertive Outreach Teams.
- Use the self directed support with personal budgets approach developed for use with other Adult Social Care service users. This includes the use of the same processes around resource allocation, indicative amounts, support planning and personal budgets. Direct payments will continue to be available to mental health service users.
- Consider a phased roll out with Early Intervention Teams proposed to be the first to implement personal budgets.
- Work to a proposed completion date of 31 March 2011. If this deadline proves challenging, it expected that substantial progress towards implementing personal budgets will have been achieved by then.

Personal budgets for health care services are outside the scope of the project. However, it is expected that the project will need to consider issues around personal budgets for health care services and also payment by results.

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## Workforce Implications for Personalisation

Adult Social Care held a half day session on the 22 September to look at what the impact of personalisation might be from the point of view of both the local authority and provider staff.

Judith Whittam, Assistant Director for Disability and Mental Health introduced the morning and talked about the implementation of self directed support in Cumbria. She said that although there had been a lot of work done already, there was still a long way to go.

Cheryl Page, County Manager Supporting People and Prevention introduced two new strategies that are being launched by Adult and Local Services:



- [Active Living in Cumbria – a prevention strategy](#)  
This strategy aims to develop prevention and community services that ensure people are well informed of the range of options available to them and can access early intervention services that avoid unnecessary admission to hospital or long term care.
- [Third Sector Organisations and Adult Social Care – a true partnership](#)  
This strategy provides a framework for closer working between Adult Social Care and the Third Sector ensuring the knowledge, independence and expertise of the Third Sector is valued for the benefit of the whole community.

Clive Miller from the Office of Public Management then took over to facilitate the event.

Clive introduced the scenario of People's Borough – a fictitious local authority that had introduced personalisation 'in name only'. The task for the groups was to discuss how People's Borough could move their personalisation agenda along and identify:

- **Two** main changes that will be needed to meet the new commissioning requirements.
- **One** way in which commissioners and providers could work together to enable the changes.



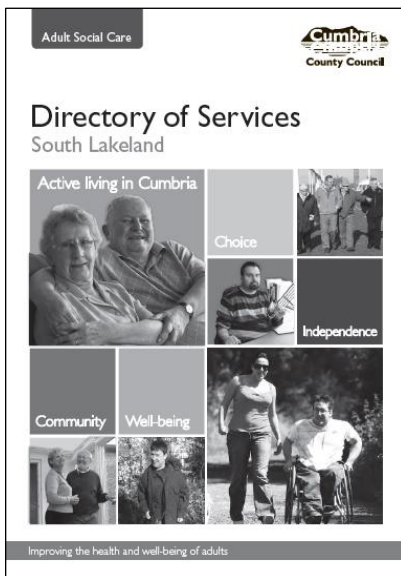
We discussed several roles within each area: care managers, finance staff and strategic commissioners for the local authority and care workers, support service staff and operational managers for the providers. Feedback was then provided.

Seventy five people attended from Adult Social Care and domiciliary care providers. There were also representatives from advocacy, direct payments advice, stroke and blind associations.

Clive and Judith did a final summing up of the morning and felt that it had been a resounding success. Thank you to all of those who took part.

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## New Directory of Services now available



Six new Directories of Services are available for download from our website and also in hard copy from Adult Social Care offices:

- [Directory of Services – Carlisle](#)
- [Directory of Services – Eden](#)
- [Directory of Services – Allerdale](#)
- [Directory of Services – Copeland](#)
- [Directory of Services – South Lakeland](#)
- [Directory of Services – Barrow-in-Furness](#)

The directories support the prevention agenda by providing people with information about the full range of services and support available to them. For people needing support, the directory can help them choose different ways of meeting their needs using their personal budgets. The directories include services for all service user groups including mental health.

We have published directories in the past and these have concentrated on the needs of vulnerable and disabled people and traditional social care services like residential homes, day centres and home carers.

This new directory is for everyone and aims to include the full range of services and support available. For example, you will find information about:

- **Keeping healthy and well:** health services, leisure activities, help with benefits and finance;
- **Getting involved in your community:** churches, community groups, learning, employment, volunteering, transport, information and advice;
- **Keeping safe at home:** housing, cleaners, handymen, equipment for the home;
- **Becoming a carer:** carers support, carers assessment; and
- **Managing long term conditions:** support groups, personal care, residential and nursing homes, extra care housing.

In addition to the directories, a revised set of service user publications (dated June 2010) are also available through Adult Social Care staff and Customer Services at local Adult Social Care offices:

- [Welcome to Adult Social Care](#)
- [Self Directed Support with Personal Budgets – A quick guide](#)
- [Self Directed Support with Personal Budgets – A detailed guide](#)
- [Direct Payments – Your care, your choice](#)

The revisions are minor so if you have copies of the old November 2009 versions, please use these up first. Large print versions are also available on the self directed support website:

<http://www.cumbria.gov.uk/adultsocialcare/sds/userpubs.asp>