

CARER'S WELL-BEING PERSONAL BUDGET GUIDE



Giving
disabled children
a brighter future

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What is a Carer's Well-being Personal Budget?

Not to be confused with a carer's allowance. A carer's personal budget (also known as a carer direct payment) is a sum of money paid by your Local Authority's Adult Social Care Department. The money is to help carer's pay for things which will help them in their caring role.

If you are a carer over 18 years old who is looking after another adult over 18 who is disabled, ill or elderly. You may be eligible to in receiving support from your Local Authority in your own right, even if the person you look after does not meet the Local Authority's criteria for receiving support.

Contact your Local Authority or local SENDIASS to find out information about the carer's assessment.

How to get a carer's well-being personal budget?

You need to request a carer's assessment, which will assess whether you are entitled to receive a carer's well-being personal budget.

The carer's assessment will look at whether you have any support needs in your own right because of your caring role, and how these needs effect your well-being.

Find out more about applying for a carer's well-being personal budget though your Local Authority.

How much will you get paid?

If you are eligible for support from your Local Authority following your carer's assessment you will be paid a carer's well-being personal budget. The payment you receive will depend on your assessment and will cover a 12 month period.

Before you receive your payment, you and the person who completes the assessment with you will create a support plan which will show:

- How your support will be arranged?
- How you will spend your personal budget?

If your situation changes you can request for another assessment.

What **can** you spend your budget on?

Your budget can be used to pay for anything that will support you in your caring role and that has been agreed in your carer's support plan.

Here are some ideas on how to spend your budget:

- Travel expenses or fees to take up leisure or education activities
- Health promotion activities such as exercise classes, gym membership, massages or relaxation or complementary therapies
- Practical things such as a washing machine or a computer
- A short holiday to recharge their batteries
- Driving lessons
- Help with housework and gardening
- A mobile phone
- Leisure classes to relieve stress.

What **can't** you spend your budget on?

Your carer's well-being personal budget cannot be spent on any illegal activities, or on alcohol, gambling or smoking.

You will be asked by the Local Authority to demonstrate how you have spent your budget.