

Section 9

Personal Budgets: examples

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Below are examples of people who have had a personal budget. The examples show how they spent their money and how it has changed their lives. *Their names have been changed.*

There are more stories on the In Control website at www.in-control.org.uk

Example 1 – “Tony”

Tony has a mental illness.

By planning for a personal budget Tony was able to spend some time thinking about his needs and what he would do with the allocation. Tony eventually wanted to be well enough to come off benefits and go into employment and felt that having a personal budget could help him with this.

Tony enjoys painting and find it helps him to relax. He has used some of the money in his personal budget to buy paints which helps him feel less stressed and more positive.

Tony was thinking about respite, he had been advised to ‘have a break’ and had been looking into local council provided respite options. Using his personal budget, he was able to go to buy a cheap flight to Greece and instead had his ‘respite’ in the form of a holiday with a friend.

Tony has also chosen to spend his budget on driving lessons, which he hopes in the future will make him more attractive to potential employers.

Example 2 – “Sarah”

Sarah is in her 80s and in need of support because of her deteriorating health.

Before preparing her support plan, Sarah was using day support as the only way of having something to do or a way of going out. She asked her friends and family to form a circle of support, to help her with her plan. By making a support plan, Sarah was able to try things that she had not done for a long time.

Sarah joined a craft club near to where she lived. She also decided that, if she was ever unwell, she would receive communion from the minister at her local church, with the support of a friend. Sarah also used her plan to say what support she would like if she fell ill or if she became seriously unwell.

Sarah is good friends with her neighbour, who helped her with her support plan. By using her personal budget, Sarah’s neighbour was able to give up her job and become Sarah’s PA.

Example 3 – “Greg”

Greg has Downs Syndrome.

Greg’s family had supported him to be as independent as possible, for example, helping him to get a job.

Greg’s parents go away every weekend to their caravan, but this wasn’t something that Greg wanted to continue to do. By using a personal budget, he decided to employ someone to support him when his parents were away. This was part of Greg’s plan to become more independent.

The first step to getting his personal budget was to prepare a support plan. He did this using pictures and line drawings so that he could understand it.

Greg made a file which showed what he liked to do, what was important to him and how carers could support him. He used this information when he interviewed people. By having personal assistants, Greg is able to do more within his local community and do so independently.