

### How can I find out more?

- ◆ If a mental health professional /care manager is already working with you then it is usually a good idea to speak to them first. This is because they will be able to start the assessment and application process themselves or put you in touch with someone who can.
- ◆ Or you can call the Contact Centre on 0845 1245113 and refer yourself, making it clear that it is a Community Care Direct Payment you are interested in.
- ◆ Or if you are not sure what to do and need advice then contact ASIST on 2143654

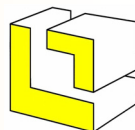
### What do people receiving direct payments have to say about it?

- ◆ "The carer I employ through direct payments enables me to be more independent."
- ◆ "It has given me a new lease of life being able to get about more"
- ◆ "The [support] service has been and remains supportive. Direct payments has enabled me to take control and improve my life."
- ◆ "Its all about control..."



#### ASIST

Leeds CIL  
Armley Grange Dr,  
Leeds LS12 3QH



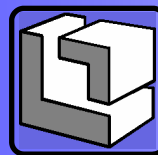
#### Contact Centre

Phone 0845 125 4113  
Minicom 0845 127 1113

Phone 0113 214 3654  
Minicom 0113 214 3598  
Fax 0113 214 3595  
Email [asist@leeds.gov.uk](mailto:asist@leeds.gov.uk)

If you would like this document in Braille, Large Print, on tape or in electronic format, or in a language other than English please contact us on 0113 214 3599

April 08



Leeds Centre for Integrated Living

*Choice and control for disabled people*

# Direct Payments

## for people with mental health problems

## Freedom to choose the support you need to live independently



**ASIST**  
actively seeking **independence**  
support team

## What are direct payments?

Direct payments are for people who are eligible for care services from Leeds Adult Social Care, such as community support services. Instead of receiving a service from the local authority you can choose to receive Direct Payments as a way of meeting your identified care needs. You decide who gives the care, and how and when they work with you. Direct payments mean that you are in charge.

## Who can have direct payments?

In order to be eligible for Direct Payments you must have a comprehensive assessment from a Mental Health professional that has produced a care plan. If you only use a walk-in service you may not have been assessed. If you are not a current service user but think you might be eligible for care services, you will have to be assessed to find out whether direct payments are best for you. If you are a parent/carer of a disabled child you may be entitled to money to pay for the care they need.

## What can I use direct payments for?

Use your direct payments to pay for any care you have been assessed as needing. For example,

- ◆ you can use them to employ your own support worker, usually called a personal assistant
- ◆ you can buy support from a care agency
- ◆ you can pay for equipment
- ◆ you can use it to pay for a short break
- ◆ You can use it to support you to access community facilities

## The support worker's job could be to:

- ◆ Support your needs in your daily routine
- ◆ Help you to get out and about, for example, accessing services which you might not feel ready to do on your

own

- ◆ Support you with goals as part of a recovery plan which you might be following
- ◆ Vary the type of support they provide depending on how well you are

You can use Direct Payments to pay for support that is identified in your care plan

## What responsibilities will I have?

If you choose direct payments you can only use the money to pay for the care needs that have been identified

You will have to

- ◆ obey laws and regulations about employing staff
- ◆ keep records and show how the money is being used

You can ask somebody else to help you do these tasks or to do them for you

## What kind of support can I expect?

ASIST is the support team based at Leeds Centre for Integrated Living for people using Direct payments. We can provide advice and help with things like finding someone to be your personal assistant, employing and managing them, keeping simple records and paying your personal assistant. You decide how much or how little support you need.

## How long do I get Direct Payments for?

Your care package will be reviewed with your Care Co-ordinator on a regular basis. Direct Payments will be reviewed in line with this.

- ◆ **Lots of people are successfully using Direct payments in Leeds, most of whom have never done anything like this before.**