

## Where?

### Where can I find out more?

If you think you may be eligible for adult social care you can make a call to **Social Care Direct on 0191 4337033** or visit **[www.gateshead.gov.uk](http://www.gateshead.gov.uk)**

You will be allocated a Social Care Worker who can advise you on whether you can receive support.

### Where can I talk to other people who are already using a Personal Budget?

While Personal Budgets can be a very scary idea, talking to others who have been through the process could reassure you. These people are called **“Peer Mentors”**. If you would like to speak to someone to find out more you can call **0191 4771913**.

### Where can I find someone to help me speak up and ask questions?

An Independent Advocate can support you to speak up for yourself to make sure your views are heard. They can help you to understand the information you need to make decisions about personal budgets and help you to say what you require from social care.

You can find out more by calling Gateshead Advocacy Information Network (GAIN) who can signpost you to an Independent Advocacy Project on **0191 4783130**, or by visiting **[www.gain.org.uk](http://www.gain.org.uk)**

## Next Steps

You can read the Next Steps Guide produced by Gateshead LINK call **0191 4784103** for a free copy

If you would like this in an alternative format please call  
**Gateshead LINK**

## Your Life

## Your Choice

## Your Support



## Personal Budgets

## First Steps



## What ?

### What is a Personal Budget?

A Personal Budget is made up of money identified to meet your social care needs following an assessment by a Gateshead Council Social Care Worker.

### What can I spend it on?

Your Personal Budget can be used flexibly to meet your social care needs. You will need to agree with your Social Care Worker how you will use your budget to meet these needs and this will be written into a support plan.

There are some things that you can't spend your budget on like healthcare or living expenses and you will need to keep a record of how you have spent your money.

## Why ?

### Why choose a Personal Budget?

More choice and control.  
It gives you the opportunity to arrange and manage your own care and support needs in a way that suits you and fits in with your lifestyle.

## How ?

### How does it work ?

If you require an assessment from Adult Social Care you can expect to be seen within 28 working days. They will use the information from your personal assessment to work out how much money you require to support your needs.

If you already use Social Care Services you can also ask your Social Care Worker at your next review for more information.

### How will it affect my benefits ?

Your benefits are not affected by your Personal Budget but you will need to have a financial assessment.

## Who ?

### Who qualifies for a Personal Budget?

People over 18 who meet the "Gateshead Fair Access to Care" checklist. This is called the eligibility criteria. A Social Care Worker will need to carry out an assessment to see if you qualify.