

Glossary of Terms

Choice and control is about shaping services to meet people's needs, rather than shaping people to fit the services on offer.

Co-production is when you as an individual influence the support and services you receive, or when groups of people get together to influence the way that services are designed, commissioned and delivered.

A **direct payment** is an amount of money paid directly to you (or a suitable other person) straight into a bank account so you can arrange your support yourself, instead of having support delivered by the council.

Independent living is living your life as fully as you can with the support you need to do so.

Individual budgets were trialled by the government in a pilot project in 2006-7. Technically, an 'individual budget' is different from a 'personal budget' because it includes money from other funding sources, not just your local authority's social care budget. At the moment, the government has only introduced personal budgets. Individual budgets haven't been introduced yet but they may be introduced later.

An **individual service fund** is a budget held on your behalf by a local organisation that provides care and support from which you can use services as you may need them according to your support plan. It is one way in which a personal budget can be used.

A **personal budget** is the amount of money the council makes available for your care and support needs. You know how much is available upfront, and develop a support plan – with help if you want it – to show how you will spend the money to meet your needs.

Person-centred planning is an important part of support planning. It is a process for learning, focusing on what is important to people who need care and support now and in the future, and acting on this by working with their family and friends.

A **personal health budget** is the amount of NHS money available for health care and support costs. These are currently being tested by the government in a pilot project across England to see if and how the budgets work. The pilot will run for three years until 2012. Researchers will then look at what happens and help the government decide what to do next.

Preventative services are when you need intensive help for a short period to prevent more problems arising. They include things like support to recover from the effects of illness.

Self-directed support is a way of working out what you as an individual want to change about your life and how you make those changes happen.

Social capital is the help that people offer to and receive from each other within their local community (friends, family, neighbours or community groups).

A **support plan** says how you will spend your budget to get the life you want. You can get help to make a plan – perhaps from family or friends, or you could pay someone who specialises in planning. Your local authority must agree your plan before you get your support money.

Universal services are things like transport, leisure, health, education, housing and access to information and advice that should be equally available to everyone within a community.