

### What is a Personal Budget?

A personal budget is social care money, which is allocated to you, and that you are entitled to spend on meeting your care and support needs in a way that suits you best.

The amount of money you are entitled to is worked out using the Care Assessment. This is an estimate of what your care and support will cost over a year.

You will always be told what your budget is by your Care Manager.

### The benefits of a personal budget

Having a personal budget can make a big difference.

In a recent survey, people who received direct payments said it improved their physical and mental health, and their control over their lives and care. They also said they were supported with dignity and that they felt safer inside and outside their homes. (Source: POET Surveys 2013-2015 Think local act personal).