



**Digital  
Advocacy Hub**

# **Planning your care and support**



**Easy  
Read**

# Easy Read



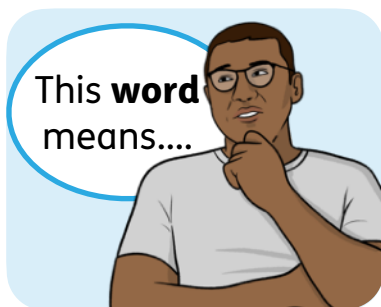
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



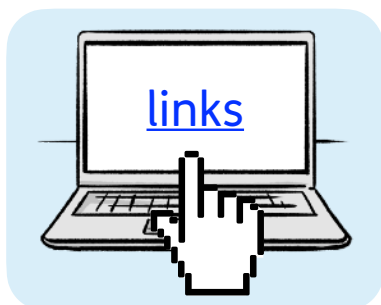
This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

# What is in this booklet

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# About this booklet



This information is from the n-compass Digital Advocacy Hub - we tell people about their rights.



We will tell you about planning your care and support.

# What is Care Act Advocacy?



The Care Act 2014 is a law that says how people should get the care they need.



The government made this law to try to give people more say over the care they get.



In this law, it says that people can get an **advocate** if they need one.

An **advocate** is someone who helps you to speak up or speaks up for you.

An advocate can help you:



- Take part in **assessments** - this is when your care needs are checked.



- Take part in checking the care that you get.



- Make decisions about your care and support.



Advocates do not make decisions about your care themselves.

# What is care and support planning?



Care and support planning helps to decide how best to meet your care and support needs.



It includes thinking about:

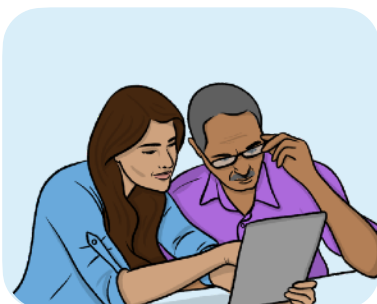
- What your needs are.



- What you want to do in life.



- What you can do by yourself or with the support you have already.



- What types of care and support there are in your local area.

# How does support planning work?

You will plan your care and support with:



- Your local council.



- Your carer, if you have one.



- Any other person you want to take part.



Those people will all work together to decide how to meet your needs.





If you find planning your care and support difficult, you might be able to get an advocate to support you.



Your local council will make a plan that says what you have agreed about your care and support.



This will include an amount of money that the council thinks your care and support will cost.

# Direct payments



You will get a **personal budget** - this is how much your support will cost.



You can decide how to manage your personal budget.



You might want to use a **direct payment** - this is when your personal budget is paid to you.



You will then pay for some or all of your care with that money.



If you ask for a direct payment and you can manage one, your local council must give you one.

# Paying for some of your care



Some care and support is free of charge.



You might have to pay for some of your care if you can afford to pay.



Your council will check how much money you have.

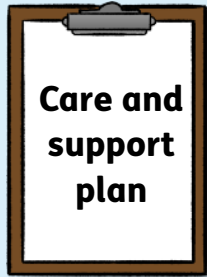


The council must make sure that you have enough money to live on, even if you need a lot of support.



You may be able to ask for a **deferred payment** - this is when you pay for your care at a later time.

# What happens after the plan is agreed



Your local council should give you a copy of your care and support plan.



They will need to know if anything changes in your care and support needs.



The council must check your needs again if this happens.



You can also ask for your care and support needs to be checked if you think you need more or less support.

# What do Care Act Advocates do?



A Care Act Advocate can support you by:

- Visiting you in your home or where you are living at the time.



- Speaking to you in private about your care.



- Helping you to see your records about your care.



- Meeting with professionals who are part of your care.

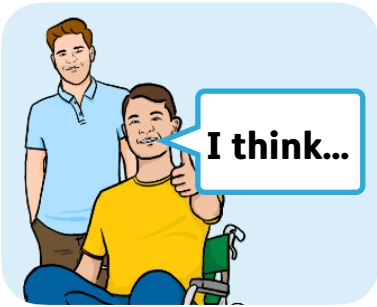


- Standing up for what you want to happen.

## A Care Act Advocate will:



- Listen carefully to what you tell them.



- Support you to speak up or speak up for you if you need them to.



- Make sure you are part of decisions made about your care.

# How can I get a Care Act Advocate?



Your health or care professional will usually contact a Care Act Advocate if you need one.



They can send details about what you need support with to n-compass.



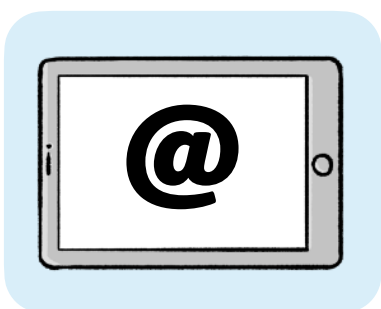
You can also ask your social worker for a Care Act Advocate if you need one.

# Find out more



To find out more about how we could help you, you can look at our website here:

[www.n-compass.org.uk/our-services/advocacy](http://www.n-compass.org.uk/our-services/advocacy)



You can contact us by sign language video using this website:

[www.ncompass.signvideo.net](http://www.ncompass.signvideo.net)