



STEP 1

My money – finding out how much



The first thing to do is to find out how much money you can get to spend on support.

The money you get to spend on your support is called your **Personal Budget** or **Individual Budget**.

To find out how much money you can get, you have to fill in a **self- assessment form**. Ask Social Services at the Council if they have a form. The Choosing Independence Team at SYCIL can help you to fill the forms in, please contact Glyn Jones, Jane Kidd, Kim Nightingale or Michaela Etherington on 01302 892949.

You have to show the form to a care manager or social worker.



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South Yorkshire Centre for Inclusive Living

M&M Business Park, Doncaster Road, Kirk Sandall, Doncaster, DN3 1HR

Tel: 01302 892949 www.sycil.org

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