SELF DIRECTED SUPPORT

Theresa Williams
WA Centre for Mental Health Policy Research
Churchill Fellowship

Investigate the policy and practice of self directed support in mental health
Why self directed support?

National Disability Insurance Scheme

• choice and control over decisions
• personal plan to identify goals
• manage own funding if choose

WA Mental Health Commission

• individualised planning, support and funding – 100 places
• National Partnership Agreement – 30 individualised support packages
Shifting the power balance

'Special Gift' Model

Community

Government

Professional

Person in Need

Contribution via Taxation

Funding for Services

Assessment and Support

'Specialship' Model

Citizen

Professional

Community

Negotiated support

Entitlement to funding

Contribution via taxation

Source: Simon Duffy, Centre for Welfare Reform
…..translating into practice

Source: Understanding Personal Health Budgets, Department of Health
Personalisation as a spectrum

Mindset Cultural Change  Personalisation  Structural Systemic Change

Providers place **consumers at the centre**

**Personal Plan** produced in partnership

**Nominal budget** held by provider

More consumer control and flexibility

**Direct budget control by consumer**

Consumers commission own care packages

Adapted from Scoping for Personalisation, Skills for Health. Final Report 2009
Countries visited

- Galway
- London
- Liverpool
- Glasgow
- Edinburgh
- Dublin
- Ghent
- Utrecht
- Northampton
Began with Social Care Budgets

Personal Health Budgets (NHS)

Roll out 2014 to 50,000 people in NHS Continuing Care

National evaluation 64 pilot sites

England

Self Directed Support legislation

Social care – individual plan & budget

• Direct payment
• Budget with chosen provider
• Local authority arranges

Provider Support

Scotland
• Disability policy shift to individualised support and funding

• Direct cash budgets
• Budget holder support organisations

• Direct cash budgets
• Includes mental health
• Budget holder support organisations
• Cost containment issues
How it works......

Nominal budgets
Recovery budgets
Personal health budgets
Nominal budget

**Block contract** in high needs mental health accommodation

**Core funding** (74%) for 2 staff 24/7

**Flexi funding** to support personal plan

- 8% cash divided equally = £40 per week
- 18% flexible support hours 3.5 hours

Source: Look Ahead Housing and Care
Recovery budget

- MerseyCare CMHT + NGO
- One off, £400 average
- Individual plan
- Clinician sign off
- NGO holds budget
- Spent on……..
- Peer support worker as broker
Personal health budget

1. Patient Identification
2. Assessment
3. Indicative Budget
4. Personal Health Planning
5. Agreement – patient ‘contract’
6. Managing the money
7. Monitor/recalibration

Source: Gill Ruecroft, Northamptonshire Care Partnership
Anne’s story

Anne – a mother and grandmother using MH services for 10 years, overdosing 3-5 per year, last year she had 18 overnight inpatient stays and 3 respite stays

Anne’s PHB based on cost of CMHT service in previous 12 months and clinical assessment of service need

Purchased 2 x weekly private psychotherapy
  No admissions to acute or access of crisis team, no use of respite, no overdoses
  Reduced contact with consultant psychiatrist, from 3 to 4 monthly
  Less contact with care coordinator, possibility of discharge from CMHT in 2012/13
  Reduced medication
  Weight loss

Source: Gill Ruecroft, Northamptonshire Care Partnership
Service Level Funding

Service Providers

Service Users

Person-centred

Personal Budget

Choice & Control

Service Users

Personalising Services

Service Providers

User Enablers

Provider Enablers
Key lessons

1. **Personalise Services** – beyond individual budgets

2. **Support Providers**
   - Implement personalisation and self directed support
   - Work together as a service system

3. **Support Consumers** – real choice and control
We work with our customers to design and deliver innovative, flexible and personalised services that put them firmly in control.

- Support 6,000 people
- Personalised plans - write own plans
- Choose support worker
- Choose how, when and where support provided
- Staff recruitment
  - job descriptions
  - staff selection
  - future – staff appraisal

Source: Look Ahead Housing and Care website and Annual Review 2012
Support providers

- 4 years funding, 2 staff
- Implement personalisation and SDS in NGO sector
  - Increase knowledge and skills
  - Information exchange
- Provider voice to shape policy
Social care ideas factory

Source: SCIF website
Support system change

ImROC Implementing Recovery Oriented Change

• 2 years, 6 sites, selection process
• Costs £25,000
• Multi agency - NHS, NGOs, Consumers, Commissioners
• 10 key change areas – includes personalisation and choice
• Learning networks
Support consumers

All Together Positive
Mental Health User Led Brokerage NGO
Support development individual plans
Brokerage, negotiation with providers
Policy development

People Hub
Network of personal health budget holders
Information.....choice
Back in Australia…

NDIS

Current MH Support Services

Individualised self directed support

• For everyone?
• Direct funding?
• How much choice and control?
• Block funded support contracts?

WHERE TO FROM HERE?

PM introduces the NDIS Bill Nov 29
Photo: Alex Ellinghausen