

## How we can support you adult with care needs?

	<p>We will work with you to help you get the support you need.</p>
	<ul style="list-style-type: none"> <li>telling you about organisations that provide independent advice.</li> </ul>
	<p>If you are aged 18-60 years we can meet some of your needs by:</p> <ul style="list-style-type: none"> <li><b>providing information and advice.</b></li> </ul>
	<h3>Local services</h3>
	<p>We will tell you about services in Southwark that could help you. This may help with:</p>
	<ul style="list-style-type: none"> <li>your health</li> </ul>



- support at home



- housing



- benefits



Ageing Well Southwark is a new service to help older people and their carers to discover and find support and community resources in Southwark



Helping you to make more friends, feel closer to your community and stay independent



The Ageing Well Service has offices across Southwark where you can come-in for help.



You can also phone them and there is a website, to get information about practical services



for example, Age UK's Handyperson, nail cutting and advice services, adaptations and support in the home, and exciting social activities and groups to take part in.



The service can be contacted by telephone 020 7525 3324 or visiting the [Age UK](#) website.



## Personal budgets

If you have extra needs that cannot be met by information and advice or local services, you will get a **personal budget**.



A **personal budget** gives you more choice and control with your support.



## Manage your personal budget

There are 4 ways to manage your **personal budget**.



### 1. Direct payment

Your **personal budget** is paid into your bank account and you can buy your own support.



### 2. Council managed personal budget

Your **personal budget** is managed by Southwark Council. Your support is provided by services that the Council buys.



### 3. Third party managed personal budget

Your **personal budget** is paid into another bank account. An individual or organisation buys your support for you.



### 4. Mixed personal budget

Your **personal budget** is a mix of all 3.



We will check that you can manage your budget as written down in your **Care and Support Plan**.



We will check that you are spending money in a legal and fair way.



You may need to pay something towards your **personal budget**.



For more information go to our [Paying for your care and support](#) page