

What is My Life My Way?

In July 2014, the head of NHS England, Simon Stevens, said that there would be a new programme for health and care services to work together.

This is called **Integrated Personal Commissioning**, which is sometimes shortened to **IPC**.



IPC expects everyone to work closely together and agree how they can give people greater choice and control over their support. If there is a need for funding from the different agencies, like social care, education and health, this will be paid as a personal budget. Funding is provided if a person is assessed as having eligible needs, which can't be met in any other way.



Hampshire is 1 of 9 places in England doing this project, so that we can test it out before all councils do it. In Hampshire we have changed the name of this project to:

My Life My Way

Who is involved in the My Life My Way project?

- * People with a disability and Parents / Carers
- * Hampshire County Council Adults and Children's Services and education.
- * NHS – The 5 Hampshire Clinical Commissioning Groups, sometimes called CCGs
- * Hampshire Advocacy Regional Group (HARG)
- * Independent Lives
- * Providers of services (Health, Social care and Education)



Who is this for in Hampshire?

My Life My Way is for people who have lots of different needs, sometimes called Complex Needs. This is where people have lots of different needs like learning disabilities, autism, physical disabilities, or about health and education.

In Hampshire we have started the project by working with young people who are in Transition, who are between 14 and 21 years old and have complex needs.

We will be reviewing all the things we learn before we offer this out to others. From April 2016 we are hoping to offer My Life My Way to more people.



What do we want to do?

- We want people to feel supported when they are making transitions.
- We want people with disabilities and their families to make decisions about their support
- We want to make sure fewer people have to go into hospital because where they live cannot care for them.
- We want to help people who have needed some time in hospital, only stay there for as short a time as possible.
- We want people to have more choice about where they live and more chances to have a tenancy even if they have very complex needs



What will be different?

- **New ways to plan - The Planning Model**

There will be new ways of planning with people that Health, Social Care and education will use



- **New ways to support people - The Care Model**

More support will be given to people and families to have a Personal Budget.

People with complex needs and people without family support who couldn't get a Direct Payment will also be able to have a Personal Budget.

- Advocacy and other groups working in the community will support us to make this happen.
- Where someone has been assessed as needing funding from Health, Social Care and Education, it will be paid as one budget
- There will be one support plan per person that everyone will use.



What are the new ways to plan?

Life Planning - People with a disability and their family will be supported to make a life plan this is sometimes called a person-centred plan.

The plan will say what matters to them and their family. The '**What**' part of planning.



Support Planning - People with disabilities and their family will be supported to make a support plan about how they would like to achieve the things in their plan. This is the '**how to**' part of planning



What is a personal budget?

A personal budget is the amount of money which the council, education or health decides people need to do some or all of the things in their support plan. By having a say in the way this budget is used, a parent or young person can have more control over their support.

People taking part in the project will not get more money. My Life My Way is about services working better together. This is to put the money for support all together into one personal budget for people who want it. Then they can choose what they think is the best way to spend it.

