



# KDC

## Direct Payments can help you manage your recovery and keep well

**This leaflet provides information about Direct Payments for people who use mental health services and their carers.**

Direct Payments are available as an alternative to directly provided services to help with employment, education, social and leisure activities as well as for domestic and daily living tasks and personal assistance.

Needs met in these ways are called 'social' (rather than 'health') needs

As long as you have agreed with your care coordinator that the ways in which you will use the money will meet your needs, you decide who you employ and what you spend the money on.

You can employ people yourself, who may be people you know, or you can be supported by people who work through an agency.

Many people locally have received one-off Direct Payments which have greatly assisted with meeting their mental health needs.

You can use Direct Payments to pay for part of your support needs with Social Services arranging services for the rest.

## What people are saying about Direct Payments

*"Direct Payments has made such a difference to me, because I can now employ someone to take me places"*

Joe from Huyton

*"It's very flexible. She comes in the evening and we have a drink and chat and take the dog for a walk sometimes and then I'll go to bed at whatever time and she might do some cleaning for me or whatever...then she sits up all night and when I get up during the night, I have got someone to talk to. That just gives me a chance to get some sleep, because I don't sleep very well, and I self-harm quite a lot...Just knowing that somebody is going to come in and spend the night and it gives me a bit of a break, somebody to talk to and I know I can phone her up too."*

Karen from Kirkby

# Choice and Control



# Further points to note

## Direct Payments .....

- cannot be used to pay for residential care
- are not counted as taxable income
- do not affect Social Security benefits
- allow you to choose how your support is arranged
- put you in control
- can be flexible to meet new needs you may have

**Can help with recovery and keep you well**

To find out more contact your Care Coordinator  
or contact Andy Gilbert here at KDC  
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