

Sick and tired of feeling sick and tired?

Then the Expert Patients Programme is for you.

FREE local workshops for adults living with any long-term health conditions.

We can help you to:

- o Increase your self confidence
- o Manage your condition better on a daily basis
- o Meet others and share similar experiences
- o Improve communication with family, friends and healthcare professionals



All courses are facilitated by trained tutors, many with a long-term condition themselves, and are run over six weekly sessions, each lasting 2 ½ hours.

Topics include:

- o Dealing with pain and extreme tiredness
- o Coping with feelings of depression
- o Relaxation techniques and exercise
- o Healthy eating
- o Communicating with family and professionals
- o Planning for the future

We have a number of courses running in the Bradford area, particularly:

Grange Interlink Community Centre, Summerville Road, Bradford, 14 July - 18 August 2009

Call us today for more information: 0800 988 5530 or email: anne.higgins@eppcic.co.uk

BACC Page



The Newsletter of Bradford Alliance on Community Care

July 2009

"Informing Choice" is the title of the next BACC Open Meeting to be held on Wednesday 5th August at Carlisle Business Centre (see flyer and booking form). Jargon busting is the big aim. What does 'choice' mean when Adult Services or the NHS use it, what is meant by 'personalisation' for people and for community groups?

The event will be opened by Dr Ade Adeagobo the new leader of National Voices which is the network of national voluntary organisations working to champion "voices" of those with long term conditions and disabilities.



Dr Ade Adeagobo

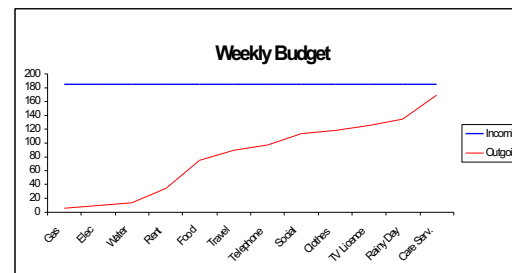
It will provide an opportunity to comment on how "In-Communities" can improve choice for its applicants for housing (Open Moves).

We will provide an opportunity to discuss the range of training provided under the title of Expert Patient Programme.

Our decision to hold the event comes in part from what people said at the event BACC organised as part of the consultation and review of Adult Protection policy. To ensure we follow up on those questions a further workshop question will be about the links between "Personalisation & Adult Protection". What will it mean for individuals and community groups?

We will have representatives from Adult Services, Bradford & Airedale NHS, In-Communities & Expert Patient Programme Community Interest Company to help us hold these discussions and hopefully be better prepared to take part in future consultations on the specific local management of "personalisation"

'Personal Budgets are no different from Direct Payments!'



inControl

Personal Budgets and Direct Payments are not the same thing, nor are they competing ideas. In a system of Self-Directed Support everybody is given a Personal Budget and some people decide to manage their Personal Budget as a Direct Payment.

Someone has a Direct Payment when their local authority provides them

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Other Expert Patient Courses in the Bradford area include those delivered by

Arthritis Care

Contact Arthritis Care At Wakefield Regional Office, Belle Vue Business Centre, Elm Tree St, Wakefield, WF1 5EP
 Telephone 01924 882150



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BACC

BACC aims to promote the involvement of community care service users & carers in the planning & improvement of services across the Bradford District.

'Hold the BACC Page'

Would you like to promote your group, an event, or communicate information to interested parties? If so, please contact BACC to discuss articles for our next newsletter.

Our newsletter may carry articles or items of interest from other organisations. Inclusion of such material does not constitute an endorsement or recommendation, nor necessarily reflect the opinions of, BACC, its staff or management.

Helping you to have your say

Bradford LINK is a new way of making sure that everyone can have a say in the healthcare and social care services that they receive.

It is there so that everybody can connect and make a difference. This means that it puts you in touch with other people who are interested in the same issues. Then it helps you to ask the people who provide services to give you what you need.

This is more important than ever because we will soon be asked to choose what sort of healthcare and social care we want. For example, if you have to look after someone at home, you will need some time to rest on your own. In future, you will be able to decide what sort of a break you want. This could be having a holiday on your own or having someone to look after other people in your family so that you can go out one night a week - or something completely different.

But this is no good if there are no services that meet your needs. By being part of Bradford LINK, you can make sure that healthcare and social care in the district is right for everyone.

We want to hear from you if you're interested in changing things for the better. Everyone who lives and works in the district can be part of Bradford LINK. It doesn't cost anything and you can do as much or as little as you please. Some people might have time to go to meetings or write letters, but others might just want to do a small thing like asking their neighbours what they think.

Bradford LINK will be at the Informing Choice event on August 5th. If you can't come along and meet us there, you can call us on (01535) 665258 or email info@bradfordlink.org.uk.

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with cash instead of a service; the person then purchases their own support directly. A Direct Payment, in other words is a way of managing your social care money.

A Personal Budget is more than this. You have a Personal Budget when you know how much money you can spend, you know what outcomes you are aiming to achieve, and can decide exactly how and when that money is spent.

Early evidence from 'in Control's' work suggests that very high numbers of people do choose to manage their Personal Budget as either a Direct Payment or Indirect Payment. Some people choose to mix and match - part Direct Payment, part direct service. This is fine if it is what the person chooses.

There are different ways to look after your support money.

Some people look after it on their own.

The money goes straight to the disabled person.

That person puts the support money in a bank account and looks after it. They pay people and write down everything they spend on their support to show the Council.



But other people need someone else to look after it.

The money goes to a person's Agent, someone who agrees to act on the person's behalf.



The Agent spends the money on the support the person needs.

A Trust is a group set up to act for the disabled person.

The social services department has a contract with the Trust. Support money goes into the Trust's bank account.



The disabled person pays an independent broker to control the money for them.



Individual Service Fund

A service provider keeps the person's money. They make a special account in the organisation's accounts - just for that one person.

The person has to pay the service provider a 'management fee'. But the rest of the money is only for that one person's support, which must be 'tailored' - specially designed for that person.



The Care Manager

The Care Manager acts for the person by planning and organising services for them.

