



English Federation  
of Disability Sport

## Supporting disabled people to be active using personal budgets

The English Federation of Disability Sport (EFDS) and Disability Rights UK have worked in partnership to create this resource.



### What is the personalisation agenda?

'Personalisation' is a result of disabled people campaigning for their rights to live independently with choice and control. Personalisation is not just about changing approaches to care and support. It is about changing attitudes and perceptions about how disabled people live their lives and focuses on the needs and goals that matter to each individual. It is derived from the disability rights movement and social model of disability.

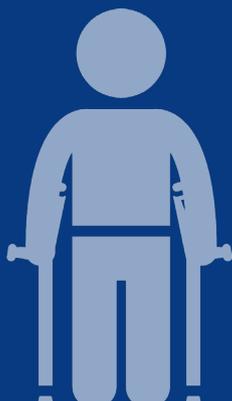
### What is a personal budget?

Personal budgets were developed from the personalisation agenda and local authorities now have a legal duty to offer eligible individuals a personal budget under the Care Act 2014. It is an agreed amount of money that is allocated to the individual by the local council (and other funding streams) following an assessment of the individual's care and support needs. The individual has control of the money to buy their own care and support. It should enable individuals to achieve the outcomes stated in their personalised care and support plan.

### How do personal budgets link to being active?

At Disability Rights UK, we believe that independent living is about more than the care and support you receive. It is about the life you live and enhancing your independence, wellbeing and quality of life. Being active is an important way to feel good, socialise and be part of the community. These are all needs and outcomes which should be part of an individual's assessment, personalised support plan and review process for their personal budget.

Personal health budgets are now being introduced within the NHS for eligible individuals.



## Top tips for engaging personal budget holders and other disabled people in physical activity

- Get in touch with your local disabled people's user led organisation to find out about their work on the personalisation agenda. Think about how you might collaborate with this organisation to reach personal budget holders or potential personal budget recipients.
- Ask disabled people (particularly personal budget holders) about things like your pricing policy, when and where you could offer activities, how you can best accommodate their needs, what support is available and whether it is accessible to them and their supporters.
- Think about how you might engage personal budget holders support networks like family carers and personal assistants in the planning and delivering of activities.
- Market your services using on and offline communication channels like social media and leaflet distribution.
- Use the links you have locally in social care and health to inform their workforce about your offer to disabled people.
- Get in touch with the Get Yourself Active team to find out about other ways to engage disabled people in physical activity.



## Get Yourself Active

Get Yourself Active is a partnership led by Disability Rights UK, funded by Sport England and delivered by Leicester Centre for Integrated Living, Cheshire Centre for Independent Living, Inspire Peterborough, Disability Equality North West, Active Independence and Disability Sheffield Centre for Independent Living.

We aim to work with the health, social care and sports sectors to develop better opportunities for disabled people to be active. We believe that it is disabled people's right to have choice and control over how they spend their leisure time whether they have a personal budget or not.

Find out more about Get Yourself Active at [www.getyourselfactive.org](http://www.getyourselfactive.org)



## More information

Disability Rights UK has a range of factsheets containing more information about personal budgets, including:

- Personal budgets: the right to social care support
- Personal health budgets and NHS continuing health care
- Being in control: getting personal assistants
- Pooling personal budgets
- Assessment, eligibility and support planning

All factsheets are available to download at [www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)

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