



University of
Sheffield



“I” Statements



Things you can say when your
Individual Service Fund is
working well.



ISF Toolkits



This document is part of a **toolkit** about **Individual Service Funds** (ISFs).

A **toolkit** is a collection of documents.



The information is in Easy Read.
Many people will still need support to understand and use it.

Personal Budget

Difficult words are in **bold** and are explained in the text.



There is also a glossary to explain difficult words. Find it in the folder of ISF resources, which you can download from our website.

Introduction



An **I statement** is something you can say when things are going well.

For example:



“I am happy in my home.”

“I love going out with my friends”



If your ISF is going well, the **I statements** describe how life is for you.



If things are not going well, you could ask your family, friends, advocate or care provider to help you to make things better.

My Personal Budget



I know how much money is in my personal budget before we start planning.



I (or my friends or family) am involved in choosing how to spend my budget.



I choose how my life is organised.

My Personal Budget



People listen to me, and I feel in control of my life.



I know how much it costs to manage my budget.



These costs are easy to understand and are written in my Care and Support Plan.

Flexible Support



I decide how I spend my days and I can change things if I want to.



I get clear information about local support and activities.



If I can't plan my own support, then people:

- spend time with me and the people who know me best
- learn about how I communicate
- find out about things that have worked well in the past



A good life



I choose what having a good life means for me.



My Support Plan is about:

- my skills
- things I am working towards
- my relationships
- being safe and healthy



I don't have to use my ISF just for support workers. For example, I can pay a personal trainer to help me get fit.



As long as money is spent on the things in my plan, we can be creative about exactly how we spend it.

Choice and control



I am the most important person when we plan my support.



I choose how to use my personal budget, as long as it:

- is legal
- helps me work towards the outcomes in my Care and Support Plan



I can make choices from the start. For example, choosing who supports me.



I decide how I make decisions and who will help me to make decisions.

Useful links



EQUALD video about ISFs

<https://vimeo.com/1092471465?share=copy>



EQUALD homepage

www.sites.google.com/sheffield.ac.uk/equald/home



More EQUALD resources about ISFs

<https://sites.google.com/sheffield.ac.uk/equald/toolkits?authuser=0>



The EQUALD toolkits were co-produced by:

Self advocacy groups

Support providers

Local councils

The EQUALD Team at Sheffield University

