

# **Self Directed Care**

Joe Calleja

Richmond Fellowship of WA

There is a growing policy trend in the USA and United Kingdom to pilot the provision of personal budgets to people who live with a mental illness in order to enable them to purchase their own services in support of their recovery. The consumers involved in these pilots report having greater control and choice in their lives and more hope in their journey of recovery. This approach has been introduced in Australia in the disability areas and is now well established in Western Australia. The WA state government has flagged its intention to broaden the range of self directed care funding to areas such as mental health. This paper will explore the issue of self directed care and its implications for consumers and service provider agencies.

## **Key Words**

Empowerment

Choice

Hope