

Self-directed Support



An introduction to Self-directed Support

Self-directed Support aims to put you in control of your social care and support.

Self-directed support—or SDS—is not a service like home care or a day centre. It is a way for you to choose support that suits you. SDS aims to give you more flexibility and choice over your own care and support and how it is arranged and paid for.

We want to work with you and the people who support you to put in place support that gives you the best chance to lead the life you want. To get started with SDS:

1

We will ask you to take part in an assessment. An assessment is a way for us to work out if you are eligible for social care support. It will help us understand what sort of support will work for you. A care manager will visit you to talk to you about your needs. We may need to get in touch with other people who know you, such as your family, your doctor or a nurse. We will not do this without your permission.

2

Once your assessment is completed we will give you an estimate of how much money you will get to spend on your support. This is to help you to plan. This amount of money is called your estimated budget .

3

We will ask you to fill in a support plan. Your care manager will explain how to fill in the support plan and will help you with it. You can choose to do this yourself and you may want to have help from family and/or friends. Your support plan should explain the support you may get from family, friends and the community, and how your budget will be used to meet your needs in the way that you want.

4

We must agree to your support plan. It can then be put into action. Once the funding is agreed this is called your individual budget. We will agree a date with you to review your plan and make sure it is working well for you.

Managing your support and budget

SDS offers you four different options for managing your support. The option you choose will depend on the amount of control and involvement you want to have. You may want to be fully involved, you might want your social worker/care manager to arrange everything for you, or you might want a mix. The four options in SDS give you plenty of choice.

Option 1: Direct payment

If you want complete control you can choose to have a direct payment. We will pay your individual budget straight to you or to an agreed 'third party'. You can then choose and arrange your own support and look after your own budget.

See information sheet SDS1 for more information about using this option.

Option 3: Social Work Managed Support

If you do not want to choose and arrange your own support or look after your budget, you can choose the Social Work Managed option. Your care manager will make all the support arrangements and look after your budget for you.

See information sheet SDS3 for more information about using this option.

Option 2: Individual Service Fund (ISF)

If you want to choose and arrange your own support but do not want to manage the money yourself, you can choose an Individual Service Fund (ISF). We will pay your individual budget to a contracted provider. You can then work with that provider to choose and arrange your support. The provider will look after your budget for you.

See information sheet SDS2 for more information about using this option.

Option 4: A mix of the other three options

If you want to be in control of some things but not others, it's fine. You can have a mix of options 1, 2 and 3. Your care manager can tell you more about this.

More information

If you have any questions about Self-directed Support or would like to get started, talk to your social worker/care manager, if you have one.

If you do not have a social worker/care manager or are not sure who they are:

- **Telephone:** 0300 100 1800 and choose '4' for Social Work
- **Visit:** www.scotborders.gov.uk/sds and use the 'Contact Social Care and Health online' link

There is more information available from:

- **Scottish Government:**
www.selfdirectedsupportscotland.org.uk
- **Borders Independent Advocacy Services (BIAS):**
 - o Telephone: 01896 752200
 - o Website: <http://www.bordersadvocacy.org.uk/>
 - o Email: info@bordersadvocacy.org.uk

- **Encompass (for more information on direct payments):**
 - o Telephone: 01896 759700
 - o Website: <http://www.encompassborders.com/>
 - o Email: admin@encompassborders.com

About this information sheet

This information sheet tells you what Self-directed Support is, the four SDS options that are available to you and how you can use them to take control of your social care and support. We published this sheet in August 2014. We will check that it is up to date in August 2015.

Other useful information sheets

Name	Reference
• Direct Payment	SDS-01
• Individual Service Fund	SDS-02
• Social Work Managed support	SDS-03