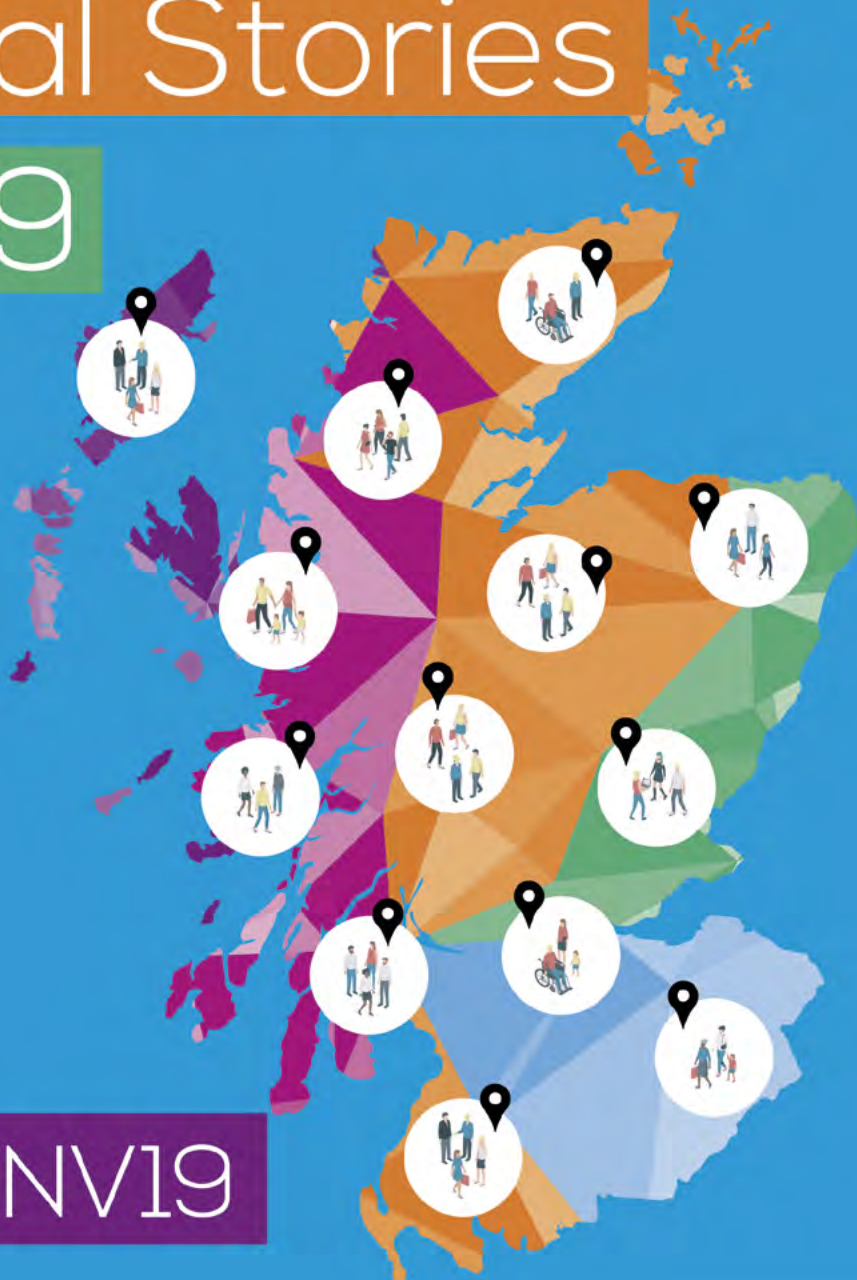


SDS

National Voice:

Local Stories

2019



#SDSNV19



**Self Directed
Support Scotland**
the organisation of choice

welcome

Welcome to SDS National Voice 2019: Local Stories.

Welcome to SDS National Voice 2019 where we hope, for the second year running, to discuss and promote SDS best practice across Scotland. Last year you told us you want to hear more about local implementation and this has informed 2019's theme 'Local Stories' where we encourage you to share experiences from your local area. Today you will learn more about joint research from ourselves and the Health and Social Care Alliance Scotland: the 'My Support, My Choice' project will examine service user experiences of SDS in a range of Health and Social Care Partnership areas. There will also be an opportunity for anyone accessing social care to have their say by completing a My Support, My Choice survey at our stall.

In terms of Independent Support there have been some really positive developments over the last few months. As of October 2018 Support in the Right Direction (SiRD 2021) funding now reaches 31 of 32 local authority areas meaning more and more people have access to essential Independent Support. Many of these organisations are SDSS members and we are incredibly proud of the work that they are doing. To highlight their work the SDSS team have been busy redeveloping the member website and new database with a supportive search process, that does more to help find and introduce the services on offer from Independent Support organisations.

Other key developments include Scottish Government's commitment in The Programme for Government 2018-19 'Delivering for Today, Investing for Tomorrow' to consider a new national scheme to provide extra financial support to people with the highest social care needs, which I know many of you would welcome. Secondly, as of April 1st free personal care for under 65s will roll out across Scotland.

At SDSS we recognise that whilst SDS is at the heart of Independent Living it is not the full solution and recently we have seen some huge success for the Independent Living movement more generally, such as the recent launch of the Changing Places consultation which we know some of our members campaigned tirelessly for. A Changing Places bathroom will be available at today's event thanks to Pamiloo and we hope there will be many more across Scotland as a result of the consultation.

We recognise the need to ensure that SDS good practice remains at the forefront of our minds especially with adult social care reform on the horizon and we hope that today will be an opportunity to share ideas and learn to everyone's benefit.

The SDS Scotland Team

#SDSNV19

programme

9.30	Registration and refreshments
10.00	Welcome Jess Wade and Florence Garabedian
10.15	Independent Living: working to a better place & audience questions Cabinet Secretary for Health and Sport, Jeane Freeman, OBE
11.00	Morning break
11.30	Introducing the People-Led Policy Panel Deirdre Henderson and Alex Thorburn, Inclusion Scotland People-Led Policy Panel
11.45	The importance of lived experience: My Support, My Choice Dianne Theakstone, Hannah Tweed and Anne Brown, SDSS and the ALLIANCE My Support, My Choice research
12.00	Living life well: a Co-Operative approach to care John Roberts, Cheshire Centre for Independent Living
12.15	Independent Support for SDS and Dementia research Laura Finnan Cowan, Alzheimer Scotland
12.30	Lunch break with National Voice marketplace
13.20	Workshop session 1
14.25	Workshop session 2
15.30	Q&A panel session Submit your questions on Twitter using #SDSNVQT
16.15	Event close

speakers



Jeane Freeman OBE,
Cabinet Secretary
for Health and Sport



SDSS are delighted to welcome Jeane Freeman OBE, Cabinet Secretary for Health and

Sport as SDS National Voice opening speaker. As well as her role as Cabinet Secretary Jeane Freeman is the constituency MSP for Carrick, Cumnock and Doon Valley, and was previously Minister for Social Security.



Jess Wade,
SDSS, Manager

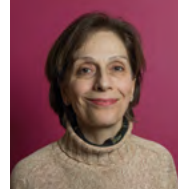


Jess Wade has worked in the Scottish voluntary sector since 2004, when she graduated from the University of

Edinburgh. She is currently Manager at Self Directed Support Scotland (SDSS), working with local disabled people's Self-directed Support organisations throughout the country. She has previously worked in a range of roles in the sector, including fundraising, volunteering and campaigning, is a Trustee of a local family support charity and was appointed to the Board of the Scottish Charity Regulator (OSCR) in 2016. She has a Masters in Public Administration from the University of York and is a long time human rights activist.

<https://www.sdsscotland.org.uk/>

[@sdsscot](#)



Florence Garabedian,
SDSS Chair and CEO
at Lothian Centre for
Inclusive Living



Florence Garabedian has been the Chief Executive of the Lothian

Centre for Inclusive Living (LCiL) since 2008. Florence's experience is rooted in community development and user-led organisations working with minority groups at local, national and international levels. Through LCiL and SDSS she is actively involved in the Independent Living Movement and she currently chairs the SDSS board of trustees.



Deirdre Henderson,
People-Led Policy
Officer



Deirdre is Community Education trained and registered as a Public Health Practitioner. She

has lived and worked in both cities and remote rural communities, working in community development, youth work and adult learning. She is passionate about co-production and Human Rights. Her current role with Inclusion Scotland has seen her recruit and facilitate a People-Led Policy Panel of people from across Scotland who use adult social care support to co-produce the reform of adult social care support with the Scottish Government and CoSLA.

<https://inclusionScotland.org/what-we-do/policy/people-led-policy/>

[@InclusionScot](#)



Alex Thorburn,
People-Led Policy
Panel's Core Group



Alex Thorburn has been involved in the support of Independent Living since 1995, following a series of 3 strokes 2 years earlier. Since 1998 Alex has been supporting other disabled people through advocacy and is a qualified Independent Living Advocate. Alex is part of the People-Led Policy Panel's Core Group and is also a Peer Researcher for the My Support, My Choice Project.

<https://inclusionScotland.org/what-we-do/policy/people-led-policy/>

@InclusionScot



John Roberts,
Cheshire Centre
for Independent Living,
Care Co-Operative
Project Manager



John Roberts is project manager for North West Care Co-Operative (NWCC) a project funded by Disability Research into Independent Living & Learning (DRILL) to research co-operative models of care. Co-Operative members are in receipt of Direct Payments (and/or) Personal Health budgets and manage their own care, and the Co-Operative enables them to delegate the burden of the administrative functions associated with managing their care, whilst retaining choice and control over the executive functions associated with directing it.

We aim to enable disabled people to reduce the burden of organising care, replacing it with the opportunity to live life well.

<https://www.cheshirecil.org/>



Dr Dianne Theakstone,
SDSS, Service User
Experience Research
Officer



Dianne is Service User Experiences Research Officer at Self Directed Support Scotland.

She comes from a

research background that focuses upon co-production methodology with disabled people and exploring how to improve disabled peoples' access to Independent Living. She recently finished a PhD in Applied Social Sciences at the University of Stirling and is currently working part-time as a researcher on the Match Me project (what works for effective allocations of adapted/ accessible social housing) funded by Disability Research on Independent Living and Learning.

<https://www.sdsscotland.org.uk/>

@sdsscot

#mysupportmychoice19



Dr Hannah Tweed,
Senior Policy Officer,
Health and Social Care
Alliance Scotland



Hannah is Senior Policy Officer for the Health and Social Care Alliance Scotland. She works across the health and

social care landscape, focusing particularly on social care and Self-directed Support. Previous to starting work at the ALLIANCE Hannah worked for the University of York, researching care in the home as part of the 'Changing Cultures of Care' project (Wellcome/ Academy of Medical Sciences). She obtained her PhD from the University of Glasgow in 2015, where she co-founded the Disability Studies Network and the Medical Humanities Network Glasgow.

<https://www.alliance-scotland.org.uk>

@ALLIANCEscot

#mysupportmychoice19



Anne Brown,
SDSS, My Support,
My Choice Peer
Researcher



Anne Brown is a Peer Researcher for the My Support, My Choice project. Anne has MS and lives in Carron,

Falkirk with her husband George. She has two daughters and two granddaughters as well as two dogs. Previously Anne was a Holland and Barrett Manager and also the Area Manager's Assistant. In this role she travelled all over Scotland

and Northern Ireland. Today Anne volunteers for the MS Society in a few roles, mostly through co-hosting "Living well with MS" sessions both face to face and online. Anne is also a volunteer with Riding for the Disabled Association (RDA) and is the West and Central Scotland Regional Participants Representative. Anne enjoys her role as a Peer Researcher but tells us that it has been a real learning experience.

#mysupportmychoice19



Laura Finnan Cowan,
Alzheimer Scotland,
Self-directed Support
Manager



Laura Finnan Cowan is the Self-directed Support Manager at Alzheimer Scotland.

Laura's vast and varied role means that she is involved in both operational and policy aspects of SDS. A key part of Laura's role is about supporting the Alzheimer Scotland workforce and beyond to be confident in their knowledge of SDS legislation and to support people living with dementia and their carers. Laura strongly believes in the importance of the role of independent support for people as they access and manage SDS, and she is keen to explore this further in the context of dementia.

https://www.alzscot.org/information_and_resources/self_directed_support_sds

@Lafinnco

@alzscot

workshops



● Game on!

Take Ctrl South Lanarkshire and South Lanarkshire Health and Social Care Partnership.

South Lanarkshire Health and Social Care Partnership have developed an interactive board game about SDS. This is a fun way of exploring the SDS journey while engaging with young people and those living with learning disabilities and their carers.

Participants will work their way around the board and discover the advantages and issues surrounding Self-directed Support. Similar to Snakes and Ladders they would move ahead or go back a space depending on which squares they land on. Initially trialled for people with learning disabilities, the game may be used with any care group as the principles behind SDS are the same.

The game will be demonstrated by Caroline who was involved in developing the game along with Andrea Tannahill and Andrea Tallis who are part of the SDS Team within South Lanarkshire.

<http://www.gcil.org.uk/support/take-control/take-control-south-lanarkshire.aspx>

<http://www.slhscp.org.uk/>



Self Directed Support Forth Valley

● Responsibility and opportunity how do we balance this when choosing option 1?

Self Directed Support Forth Valley.

When choosing Option 1 being aware and knowledgeable of what employer's responsibilities are is a good starting point in making your support arrangements work for you. Let's take a look at the compliance journey and map the way forward.

<http://sdsforthvalley.co.uk/>

[@ForthSds](#)

workshops



in Control
Scotland



The Power of Partners.

In Control Scotland - Partners in Policymaking.

In this workshop you will find out more about the Partners in Policymaking leadership and development programme for parents of disabled children and for disabled children. You will hear directly from two graduates from the programme about the power of partners, changes they have made and how individuals and family members can plan and imagine better. There will be a chance to reflect on what you have heard and discuss the impact of investing in people with lived experience.

[@InControlScot](#)

Breaking Down Barriers.

SDS Forum East Renfrewshire.

SDS Forum East Renfrewshire has been working with approximately 30 clients over the past six months to gather information around common issues people experience when obtaining and maintaining SDS budgets.

Come along to our workshop where the focus will be to identify common problems regarding the implementation and management of Self-directed Support budgets, and look for solutions to overcome these long term.

<https://sdsforumer.org/>

[@SDSforumER](#)

● Making Peer Support Work for You.

Community Contacts and Argyll & Bute HSCP.

Participants will learn about the values and benefits of good peer support within a local area. Connecting with people with similar experiences can make the process of SDS much easier to navigate and manage. There will be members of the Oban and Mid Argyll Blether Group there to give their personal account of how important this support is to them.

We will also discuss how Peer support can lead to working with the SDS Forum and other organisations such as the HSCP to bring about change to make the SDS process easier to understand.

<http://www.carrgomm.org/our-services/communities/community-contacts>

● The Employer Quality Standard Journey.

Self-directed Support Service Dundee and Angus.

This session will explain the history, development and current testing of the Employment Quality Standard (EQS) followed by an update on the current situation including the number of employers undertaking the Standard and feedback to date. The session will also look at questions such as quality consistency, sustainability of running an EQS programme along with the possibility and associated challenges of sharing the EQS with other interested areas.

<http://directpayments.org/>



Self-directed Support for unpaid Carers.

Coalition of Carers in Scotland.

The Carers (Scotland) Act 2016 which came into effect on 1st April 2018 enhances the rights of unpaid carers to access support. Unpaid carers in Scotland now have the right to access Self-directed Support to meet their eligible needs. But what does this mean in practice? This workshop will look at:

- i. what the new Carers Act legislation means in terms of carers right to access support and SDS;
- ii. explore some scenarios and examples of what SDS for carers looks like/could look like;
- iii. discuss what more needs to be done to increase awareness of carers right to access support (SDS).

The workshop will be interactive and allow opportunities for participants to share and draw upon their own experiences of SDS.

<http://www.carersnet.org/>
[@CarersCoalition](#)

Forming the SDS Collective.

Self Directed Support Scotland.

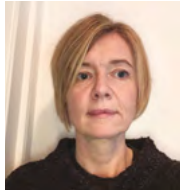
The SDS Collective is a group of people with a shared interest in improving SDS implementation across Scotland. The Collective exists to address the restrictions on choice and control that are experienced by many people when trying to access and make use of Self-directed Support. During this workshop you'll find out about how the Collective was formed, the Launch Report and how you can get involved with the future work of the Collective.

<https://www.sdsscotland.org.uk/>
[@sdsscot](#)

panel members

Jess Wade,
SDSS, Manager

Florence Garabedian,
SDSS Chair and CEO at Lothian
Centre for Inclusive Living



Claire Cairns,
Coalition of Carers



Claire Cairns has been the Network Coordinator of the Coalition of Carers in Scotland (COCIS)

since 2005. COCIS is a coalition of carers and local carer organisations which was established in 1995 to facilitate carer engagement in local and national policy formation and service development. COCIS's strapline is 'From Recognition to Rights' and the organisation has a proven track record of bringing the 'carers voice' to national planning and policy initiatives.

Before joining COCIS Claire managed Greater Pollok Carers Centre, providing practical and emotional support to unpaid carers. She also established a young carers service offering peer support groups, educational support and mentoring to young people looking after family members with support needs.

coalition@carersnet.org

www.carersnet.org



Karen Geekie,
Scottish Government
SDS policy Team



Karen Geekie is the Self-directed Support Policy Lead for the Scottish

Government and has been with the team since December 2016 and Scottish Government since 2003. Her previous experience is primarily in community learning and development/adult literacy, with various roles including setting up a professional body for Community Learning and Development (CLD), implementing new legislation, and developing training and support for practitioners. She is professionally qualified in CLD and actively involved with a range of community organisations outside work.

Other supporting organisations:

Compass SDS Broker LTD	www.compassds.co.uk
SDS Forth Valley	www.sdsforthvalley.co.uk
SDS Options (Fife)	www.sdsoptionsfife.org.uk
Glasgow Centre for Inclusive Living (GCIL)	http://www.gcil.org.uk
Personal Assistants Network Scotland (WEA)	www.panetworkscotland.org.uk
Health and Social Care Alliance Scotland (the ALLIANCE)	www.alliance-scotland.org.uk
NHS Education for Scotland	www.sks.org.uk/selfdirectedsupport
Independent Living Fund	https://ilf.scot/
The SDS Collective	

Your SDS Scotland hosts:

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