

# FACTSHEET: Self-directed Support (SDS)



## What is Self-directed Support?

In Scotland, we have moved to a new way of providing social care – ‘Self-directed Support’ (SDS). It is key to achieving a Scotland where disabled people live independently and with the right support.

SDS is when you arrange some or all of your (or your child’s) support. It is for people who would like more flexibility, choice and control over their care.

## Who is eligible for Self-directed Support?

You must be eligible for social care to receive SDS. Eligibility is determined by the Local Authority through an assessment, using the criteria from the

Social Work (Scotland) Act 1968. To be assessed for this kind of support, ask your local social services department.

## What options are available with SDS?

When someone has been assessed they will be given 4 options:

### Option 1: Direct Payment

A cash payment is paid directly to you, or to a third party. You can use this payment to choose and control your support

 – see Direct Payments factsheet.

### Option 2: Individual Service Fund

You choose what support you would like and the Local Authority (or an agency) holds your budget and makes the arrangements on your behalf.

### Option 3: Direct Service

The Local Authority selects the support and arranges it.

### Option 4: A Combination

You can choose to mix the above options to suit you.

Self Directed Support Scotland  
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## SDS in legislation

The Scottish Parliament has passed a law on social care support called the Social Care (Self-directed Support) (Scotland) Act 2013, which was implemented on April 1st 2014. This means that Local

Authorities have a duty to offer social care users the options of SDS and to tell them about ways to get information and support so they can make informed decisions about their care.

## The Independent Living Movement

The Independent Living Movement is an international Movement of disabled people that emerged in the 1970s. The principles behind SDS are the same as those which underpin Independent Living.

Definition of Independent Living:  
"Independent living means all disabled people having the same freedom, choice,

dignity and control as other citizens at home, at work and in the community. It does not necessarily mean living by yourself or fending for yourself. It means rights to practical assistance and support to participate in society and live an ordinary life."

*Independent Living in Scotland*

## Where can I get help with the SDS process?

There are organisations across the country which offer support and information on SDS. These 'support organisations' vary in size and capacity but here are some examples of what they can offer:

- Provision of information on SDS
- Support with assessment
- Help to put together a plan for your support
- Support with managing your budget
- Peer support.

To find out who your local support organisation is and how to contact them, search the SDSS Information and Support Database: [www.sdsinfo.org.uk](http://www.sdsinfo.org.uk)

For more information on Self-directed Support, see: [www.sdsscotland.org.uk](http://www.sdsscotland.org.uk)

**For this factsheet in an alternative format contact SDSS using the details overleaf**

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