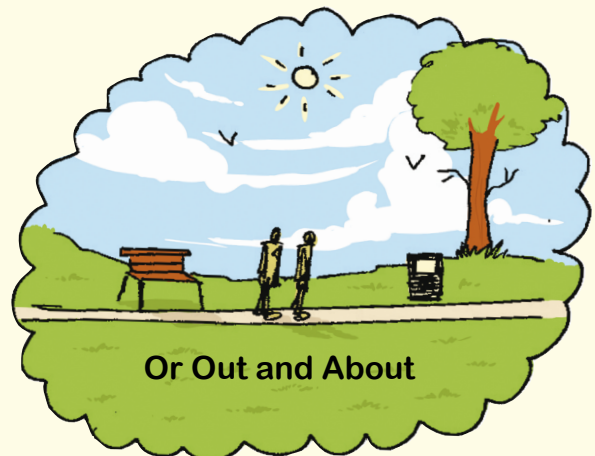


# YOUR SUPPORT YOUR CHOICE

I want **self-directed support**  
which will give me MORE  
choice and control over  
the **support** I get!



## Steps for **self-directed support**

# Contents



**Page 1** Who is **self-directed support** for?  
What does **self-directed support** mean for me?

**Page 2** What are my **choices**?

**Page 4** How do I get **self-directed support**?

**Page 7** **Self-directed support** tells Councils:

**Page 8** What do these **words mean**?

# Who is self-directed support for?



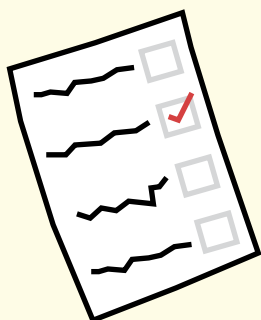
For any child or adult who the Council agrees need extra **support** with everyday activities.

## What does self-directed support mean for me?



More choice and control over my **support**.

# What are my choices?



There are 4 choices I can choose from called **Options**.

## Option 1

“I get the money to spend on the support I choose.”



The Council gives me the money to arrange and pay for my **support**. This is called a direct payment. I can employ a **personal assistant** or buy services from a **support provider**.

## Option 2

“I tell the Council how to spend the money”



I choose what the money is spent on. The Council or my **support provider** manages the money for me.

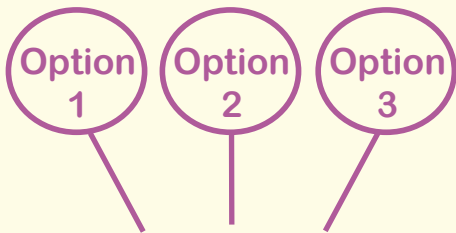
## What are my choices?



### Option 3

"I let the Council decide how to spend the money"

I ask my Council to choose and arrange the **support** that it thinks is right for me. The Council manages the money.



### Option 4

"A mix of options 1, 2 and 3"

I choose more than one of the other 3 options and decide:

- when I arrange my **support**
- when I choose my **support** and have someone else arrange it
- when the Council chooses and arranges my **support**



If I'm happy with my **support** I can keep it.

# How do I get self-directed support?



1. Meet with a **social worker** to talk about the support I need in my life and what is important to me.



2. This is called an **assessment**.



3. My answers help the **social worker** find out how much money is needed to pay for my **support**. This is called my **support budget**.

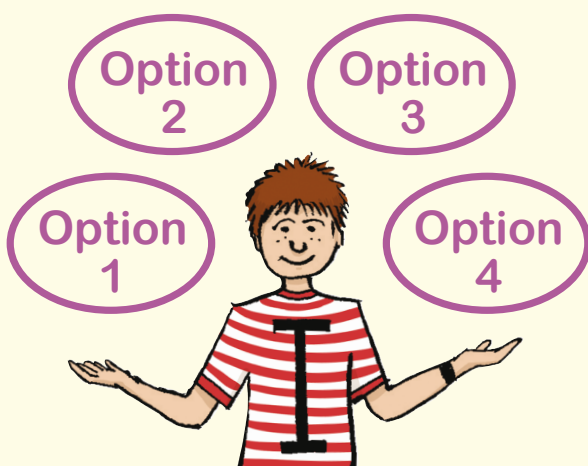
## How do I get **self-directed support**?



4. I may need to pay some money towards my **support budget**. The Council may pay some of my **support budget**.



5. I make my **support plan** with my **social worker**.



6. I tell the **social worker** which **option** I want for my **support**.

## How do I get self-directed support?



### What if I don't like the **option** I choose?

Tell the **social worker** and choose the **option** I want instead. The **social worker** will make the changes needed.



### What if I want help to get **self-directed support** ?

I can ask a friend or family member to help me.  
I can ask my **social worker** for information about an **advocate** who can help me.

Use this website to search for Independent Information and support on SDS across Scotland:

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



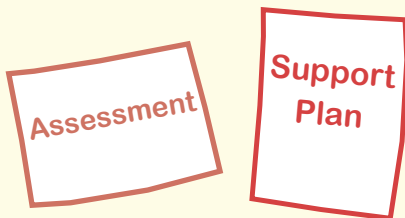
# Self-directed support tells Councils to:



1. Involve me in the conversations and decisions about my **support** needs.



2. Give me the information and help I need to choose which **self-directed support option** is best for me. I can get help from an **advocacy** service.



3. Work with me when completing the **assessment** and **support plan**.



4. Listen to my opinions, choices, and decisions.



5. Make it possible for me to use my **support** to be involved in my local community.

# What do these words mean?



## Advocate

An advocate can help you get and understand the information you need to make decisions.

An advocate can help you share your opinions, choices, and decisions.

If you think you need an advocate look at Scottish Independent Advocacy Alliance at [www.siaa.org.uk/](http://www.siaa.org.uk/)



## Advocacy Service

The organisation where advocates volunteer or work.



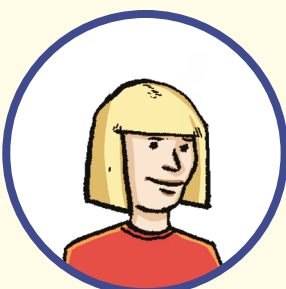
## Assessment

An assessment asks questions about you and your situation. It tells the social worker if you need extra support to live your life.



## Options

Choices.



## Personal Assistant

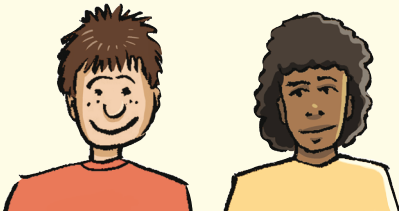
Someone you employ using your support budget. You can only employ someone using option 1, a direct payment.

## What do these words mean?



### Social Worker

A social worker will meet with you to talk about your support needs as part of the assessment process. These support needs will be written down in your support plan. The social worker will tell you how much money will be needed for your support.



### Support

Help you need to live your life.



### Support Budget

Money to pay for the support you need to live your life.



### Support Plan

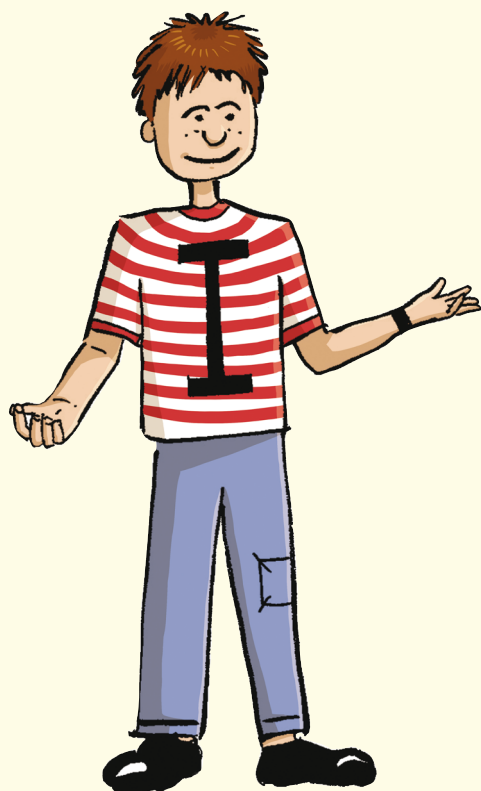
Describes how your support budget will be used to meet your needs.



### Support Provider

An organisation that you can buy support services from to help you live your life.

# YOUR SUPPORT YOUR CHOICE



If you would like to talk through your options and find out more information about getting the support you need please contact

**Self Directed Support Scotland**  
**Norton Park**  
**57 Albion Road**  
**Edinburgh**  
**EH7 5QY**

**0131 475 2623**

[info@sdsscotland.org.uk](mailto:info@sdsscotland.org.uk)

[www.sdsscotland.org.uk](http://www.sdsscotland.org.uk)

[www.sdsinfo.org.uk](http://www.sdsinfo.org.uk)

This booklet was produced by **Dundee Carers Centre** in partnership with:

Ali Davidson, Heather Blair and Royce Barton from **Advocating Together** (Dundee) (SCIO)

Stephen Reilly and Catherine Dyer from **Caal Care Ltd.**

Rebecca Horner, Ashling Larkin and David Robertson from **Ink Pot Studio** and **Dundee Comics Creative Space.**

Dianne Frew who created the initial illustrations.

© Dundee Carers Centre 2017  
Company Number SC160754. Scottish Charity Number SC024115



Funded by

