



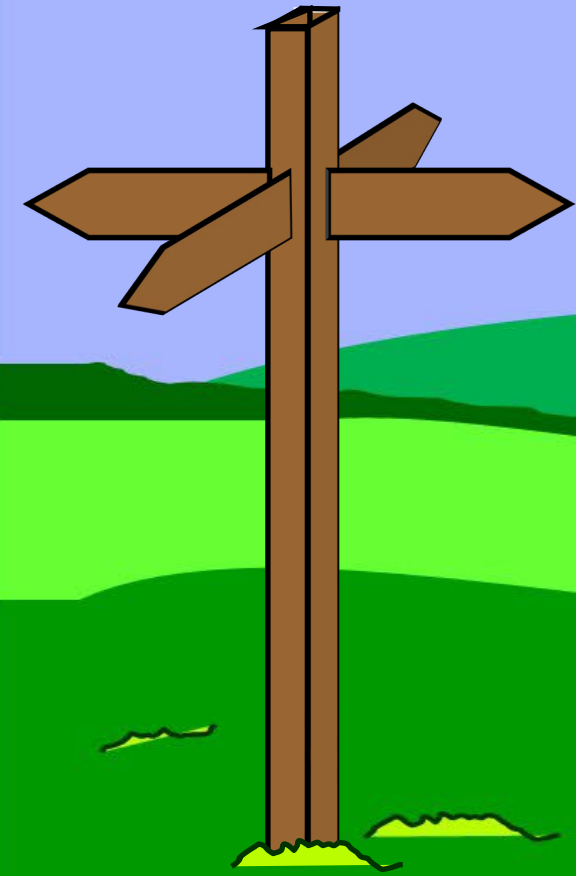
Self Directed Support
ILA Forth Valley

SDS Forth Valley

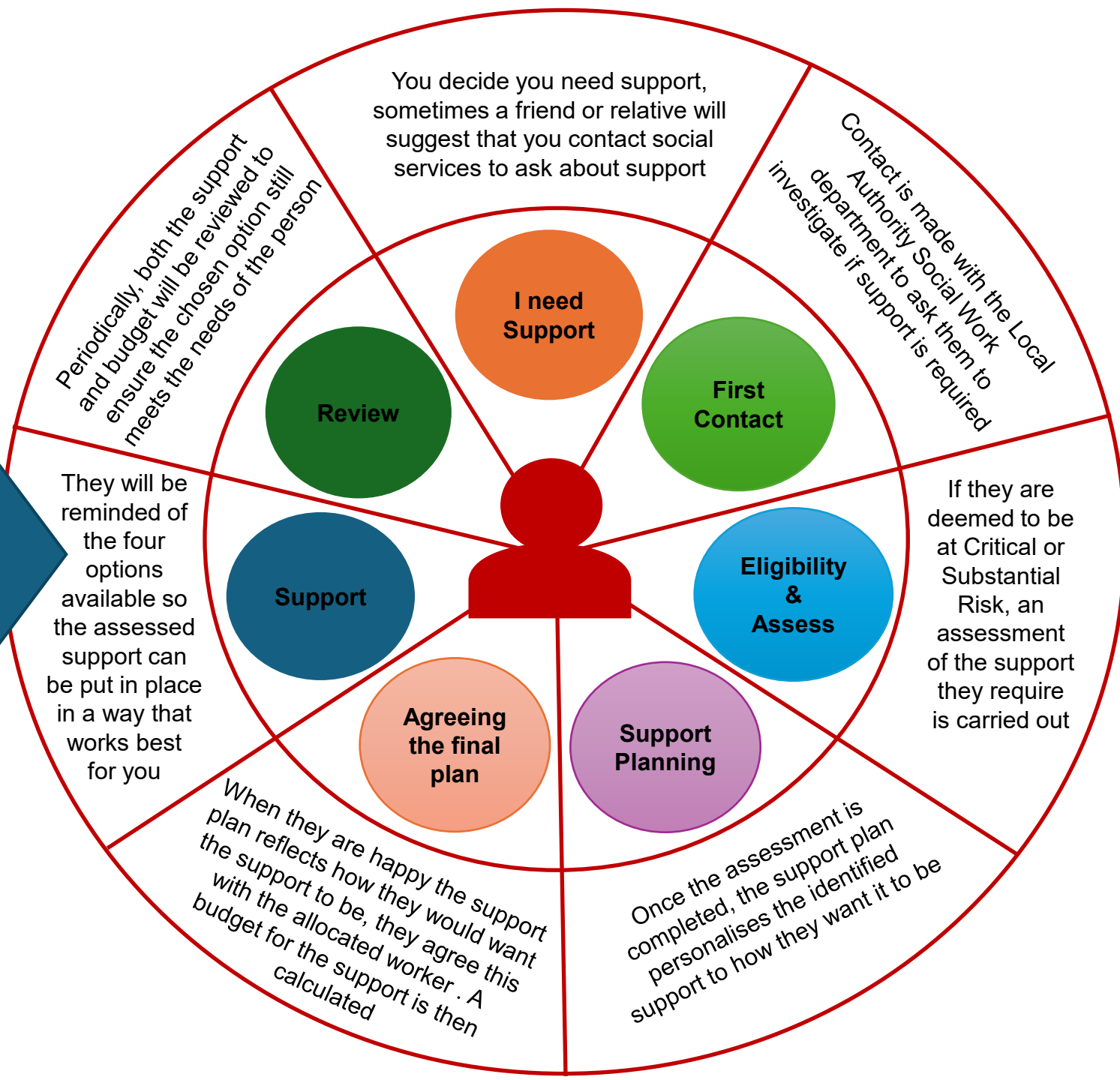
Partnership

Working in

Action



SDSFV provide support here under service level agreements with HSCPS



Local Authority Duties

Nature and effect

The varying degrees of flexibility and control associated with each option

Explain the Key characteristics

Describe the distinctions between the different options

Duty to describe the responsibilities that go with a DP and in employing a PA

Inform what each of the options means for a person

General guidance and information

General Impact

Specific Impact

To have support arranged on your behalf

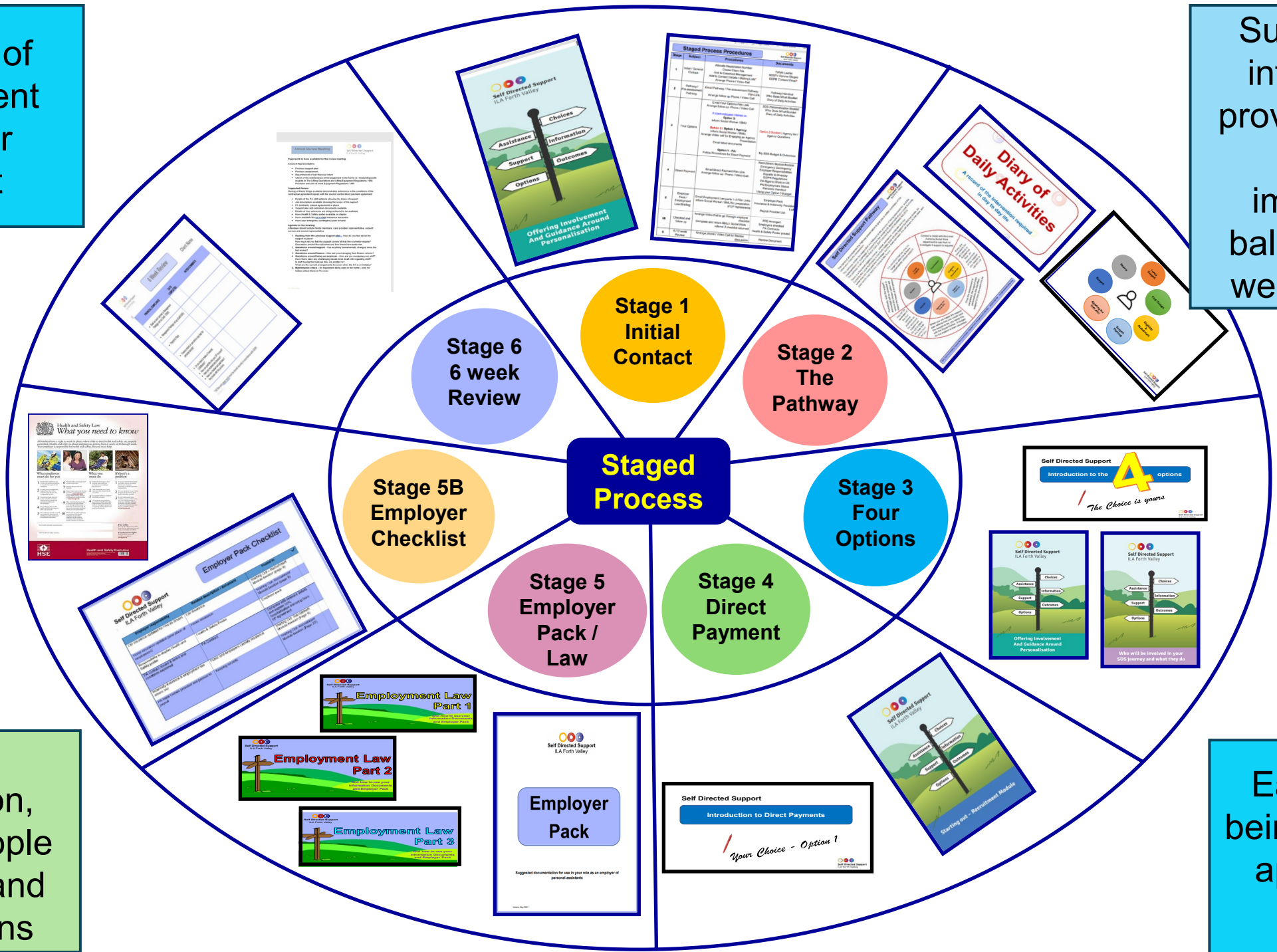
To direct your own support

Duty to refer to support organisations

Duty to refer to Independent Advocacy Services

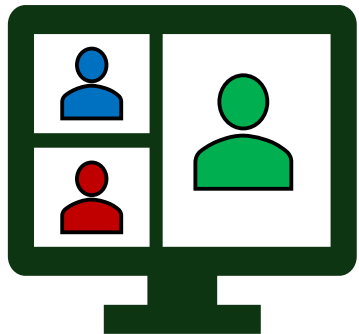
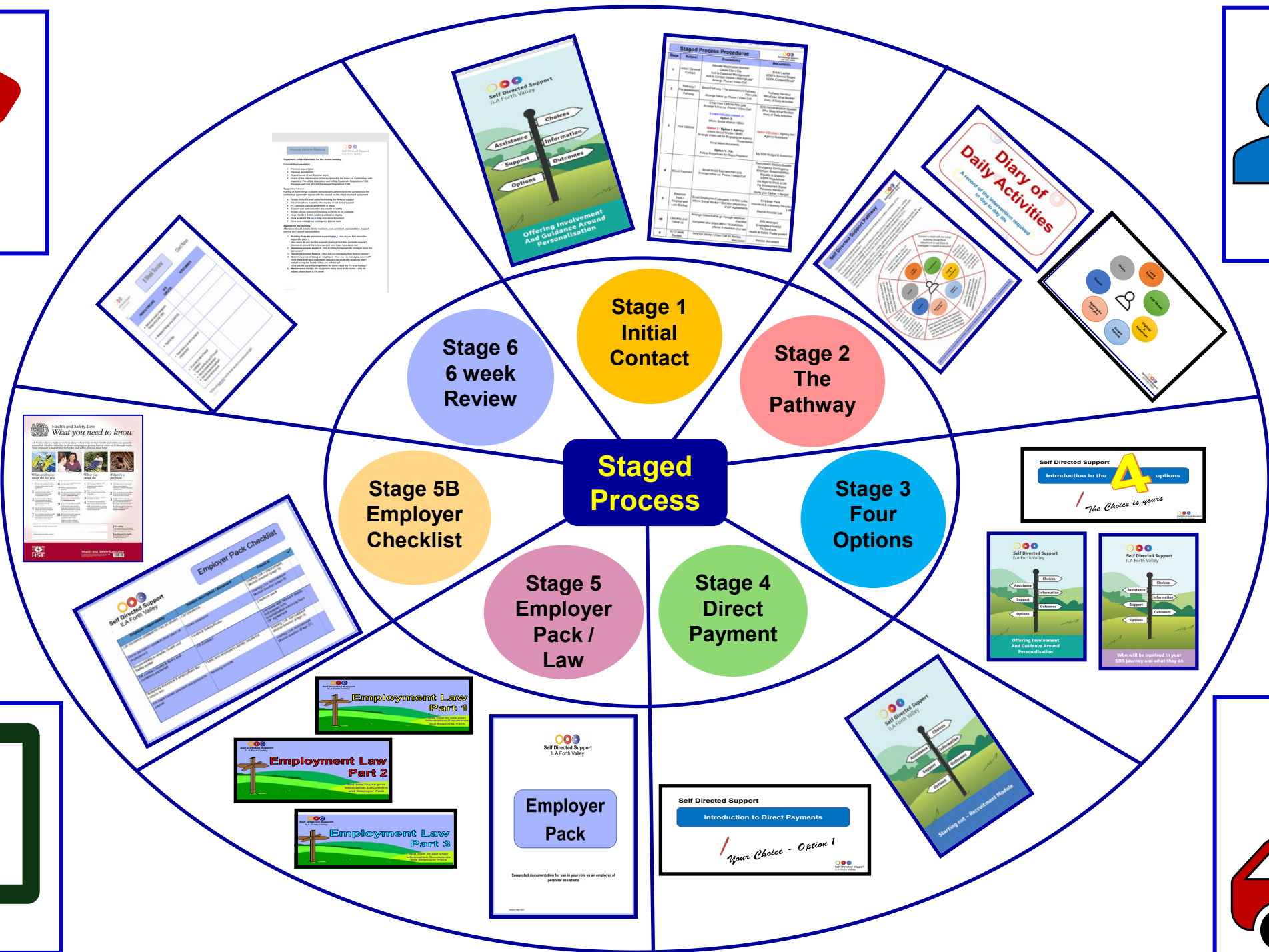
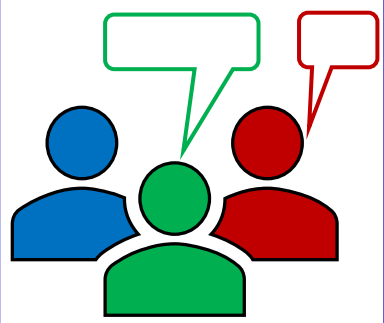
The Role of Independent and Peer Support

Support and information provided to the person impartially, balanced and well informed



Unique contribution, helping people to understand their options

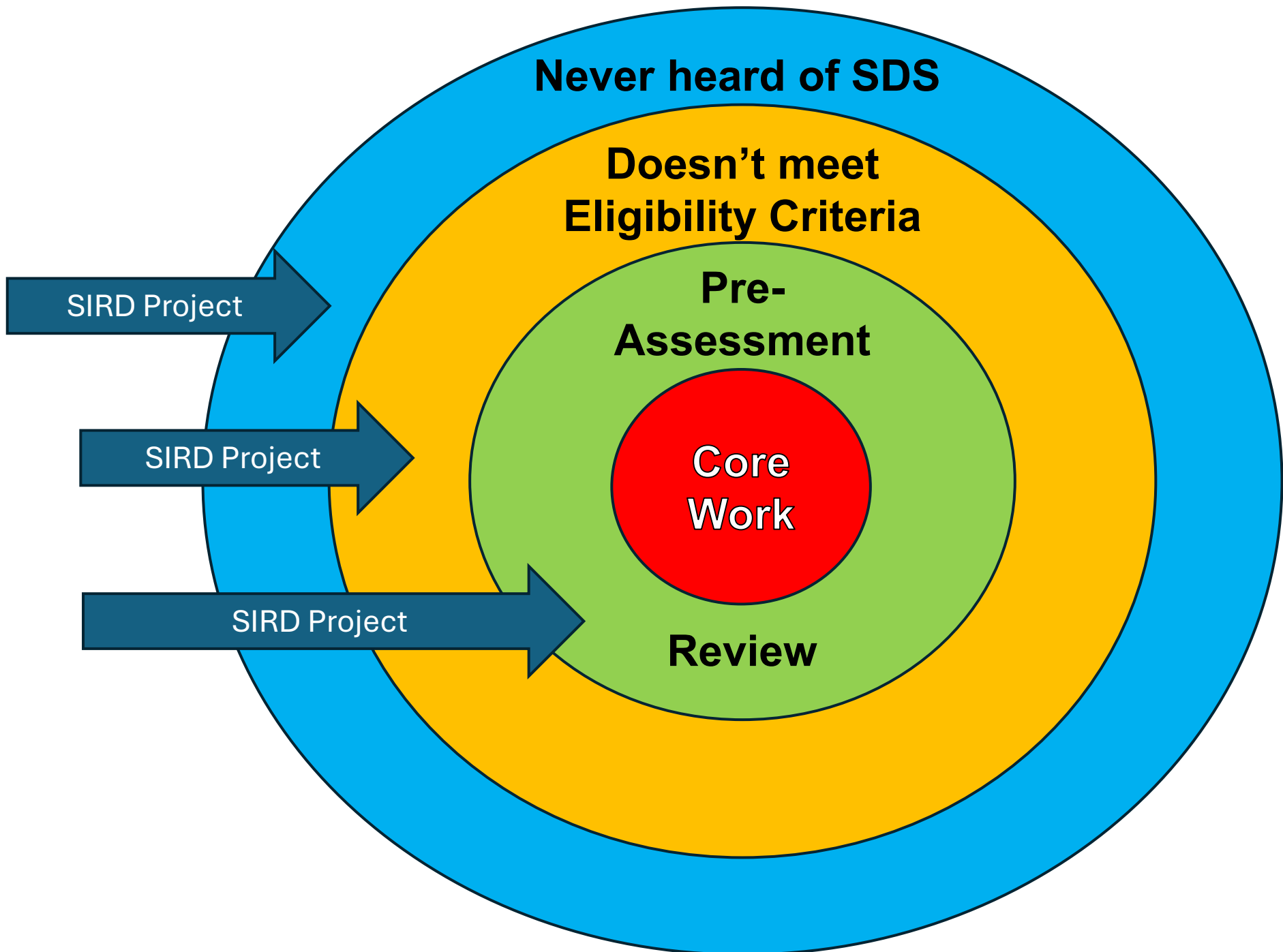
Each option being given the appropriate weight



SDSFV provide support here under service level agreements with HSCPS



Optimum time for SDSFV to provide support is at the preassessment stage



Never heard of SDS

Doesn't meet Eligibility Criteria

Pre-Assessment

Core Work

Review

SIRD Project

SIRD Project

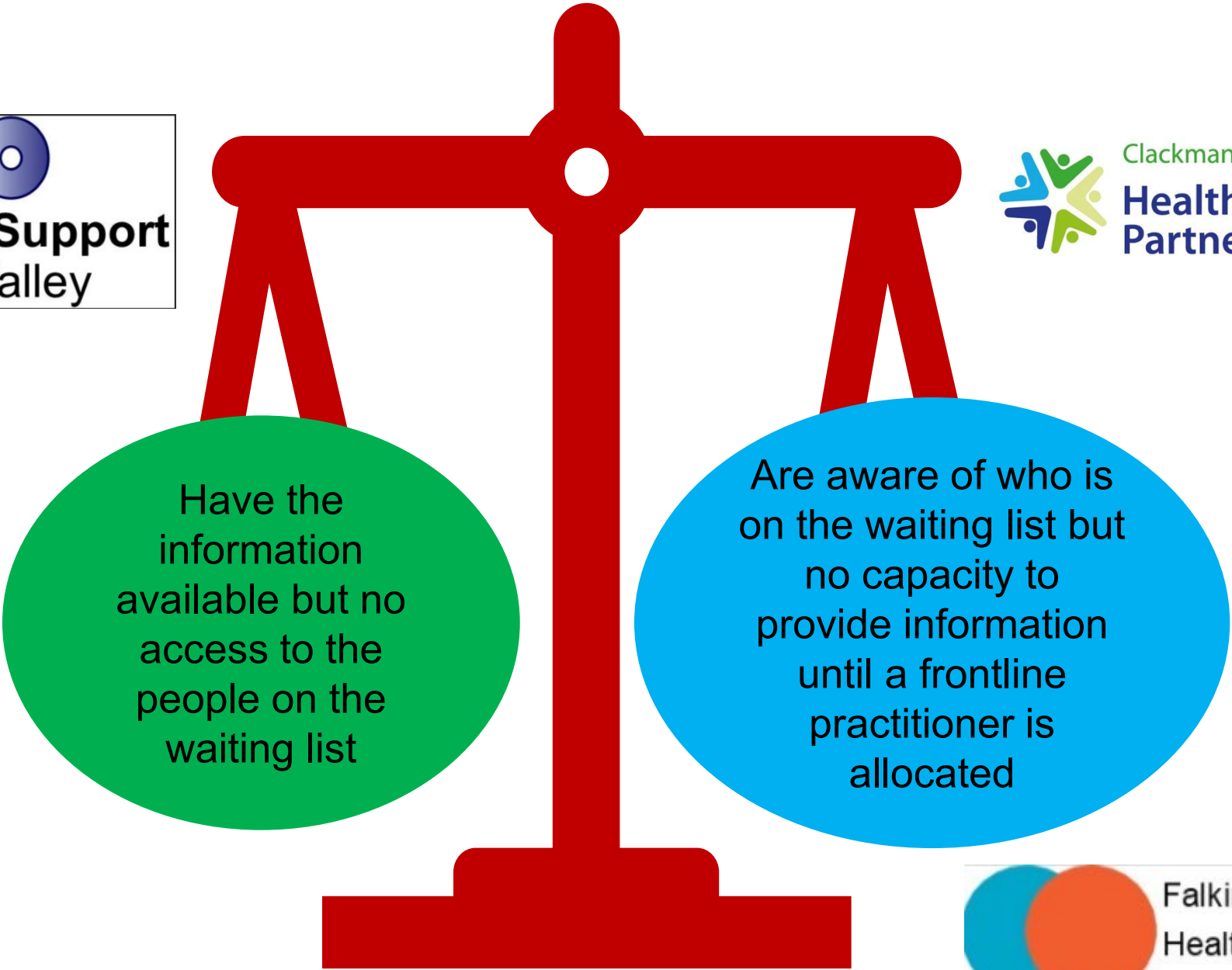
SIRD Project



Self Directed Support
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Clackmannanshire & Stirling
**Health & Social Care
Partnership**



Falkirk
Health and Social Care



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Well
Worthwhile
Waiting

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A project of Independent Living Association Forth Valley
Registered Charity No: SC028378
Registered Company No: SC293303

SIRD Project

Well Worthwhile Waiting Project

- Positive forward planning
- Keeping a journal or diary in the period before your review/assessment
- Get informed
- The persons Pathway Presentation
- Outcomes and support planning workshop



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Well



Worthwhile



Waiting

Unfortunately, it can sometimes take a while for an appointment with a social work professional. Even though this can be a frustrating time, there are things you can do which may help while waiting for your review/assessment. We want to provide you or the person who cares for you with information and guidance as soon as we can.

In order to utilise your time waiting for this meeting in a positive, productive and proactive way, we have detailed below a number of suggestions you may want to consider in order to do this.



Positive forward planning

You can have purpose in life despite there being illness.

- Maintain a positive outlook
- Build / maintain a meaningful life
- Take responsibility and control
- Actively look for support in the community

Start your own wellness plan.

Identify any challenges you experience, but also record what you can still do well and how you would continue to do this.



Keep a journal or diary in the period before your review / assessment

To help with forward planning we can provide you with a diary of daily activities where you can record your activities and challenges. You can't always remember things that happen every day, and recording things like feelings, thoughts, worries, achievements and goals can help you to understand them from a different perspective.

This is something that you can take to the meeting if you want to, to share with the social work professional or use as a reminder to yourself to bring things up at the meeting. Think about what you want to ask at the meeting, and make a note of the things that are most important to you about the outcomes you wish to achieve to live your best life.



Get informed

Finding out all you can about how to access support and what choices you may have and any available services can help you better understand things. Attending our SDS Pathway information session or Understanding Outcomes and support planning workshop will give you the time and space to explore your current situation and encourage forward thinking in what would help. Providing you with the confidence to have meaningful conversations with the relevant professionals.



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The Persons Pathway Presentation

The Persons Pathway is detailed in the SDS legislation and is essentially the journey you will follow if you meet the eligibility criteria for funded support.

The presentation takes you through each step of the journey, giving you information on what will happen at each stage.

The presentation also explains the SDS Four Options. This is the different ways that you can use funding to implement your support.

Having this information will help you to be better able to participate and contribute to the process to ensure that any package of support is personalised to your particular set of personal circumstances.

Outcomes & Support Planning Workshop

The outcomes focused support plan is one of the most important parts of the SDS journey. The support plan details what help you need and how you want it to be.

The participative workshop helps you explore the journey from acknowledging the challenges you are experiencing through to identifying your personal outcomes.

The workshop encourages you to expand on your diary of daily activities to identify what your outcomes would be and what SDS option might be best suited to achieving these.

This workshop aims to equip you to be able to have maximum participation in the support planning process.



Coping with stress and frustration

Being proactive and taking control over your situation, being clear about your rights and about the various pieces of legislation will all help in how you approach any meetings with professionals. The collaborative and informed approach will ensure you are well prepared both physically and mentally for this conversation.

Looking after your body and mind can help a lot. Try to remain positive in your thinking and take account of the things that you can still achieve.

Carers and family have to be mindful of their own wellbeing

If you are a carer and you become unwell, this will impact on your ability to perform the caring role. Being a carer to someone is invaluable but can be extremely stressful.

The Carers Act 2016 gives you the right to receive help and this is explained in our SDS Carers Pathway presentation. You can visit the Carers Centre website for information and find out what support they offer. You can also self refer to us for information and guidance on your potential support options.

Finding time for yourself can be difficult and it is easy to become isolated. Make sure you talk to family and friends. Ask if they could help. Chat with carer peer support groups to pick up ideas, and don't be afraid to seek help from professionals and organisations.

Other support available

Knowing and understanding the support you need can help highlight if you require funded support or if the support can be sourced in the community or through universal services. The ALISS website may give insight to what is available.

Useful resources

| | |
|-------------------------------|--|
| Falkirk Council Social Work | 01324 506070 |
| Stirling Council Social Work | 01786 404040 |
| Clacks Council Social Work | 01259 452498 |
| Falkirk & Clacks Carer Centre | 01324 611510 |
| | www.centralcarers.org |
| Stirling Carers Centre | 01786 447003 |
| | www.stirlingcarers.co.uk |
| CVS Falkirk | 01324 692000 |
| | www.cvsfalkirk.org.uk |
| SVE Stirling | 01786 430000 |
| | www.sventerprise.org.uk |
| CTSI Clackmannanshire | 01259 213840 |
| | www.ctsi.org.uk |

ALISS (A Local Information System for Scotland)
www.aliss.org

Care Inspectorate
www.careinspectorate.com

Remember we are here to help

Whether you are on the start of your support journey or have established support in place we are always at the end of the phone to support you where we can or direct you to more appropriate guidance.



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**Raise awareness of
Self Directed Support**

Pre-Assessment

Pathway Presentation

Understanding Outcomes

**Awaiting Review of a
Package of Support**

Staying well while waiting

**Pre-
Assessment**

Review



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**Outcomes
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Outcomes & Support Planning Workshop

Outcomes.....

Mentioned sixty seven times in the Self Directed Support Statutory Guidance 2022.

This goes some way to showing that outcomes are considered a very important part of the ethos and implementation of Self Directed Support.

But what is an outcome?

You would not be alone if you were to struggle to explain clearly what an outcome is, yet, if you were to be assessed as requiring support with your personal or social needs, your outcomes would be absolutely central to how that support is to look and be delivered.



Outcomes



To help with understanding outcomes and the significant part they play in support planning, SDS Forth Valley have created a workshop that you can attend.

The learning intentions for the workshop are:

- Have an awareness of the SDS Pathway and in particular eligibility, assessment and support planning
- Understand the means by which we communicate
- Consider how to get ready for the assessment conversation
- Understand the terminology used through this process
- You will have experienced going through the process from input to outcome
- Know the process of assessment and support planning



Outcomes & Support Planning Workshop

Outcomes.....

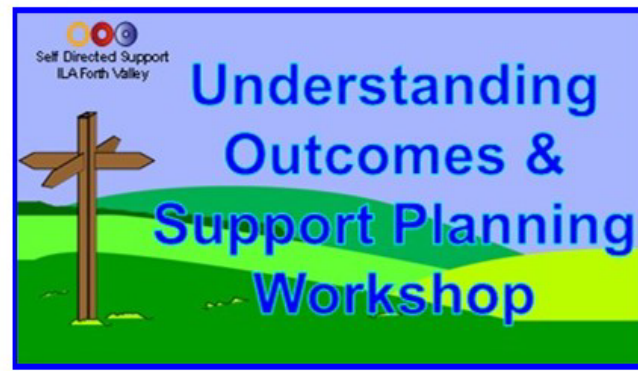
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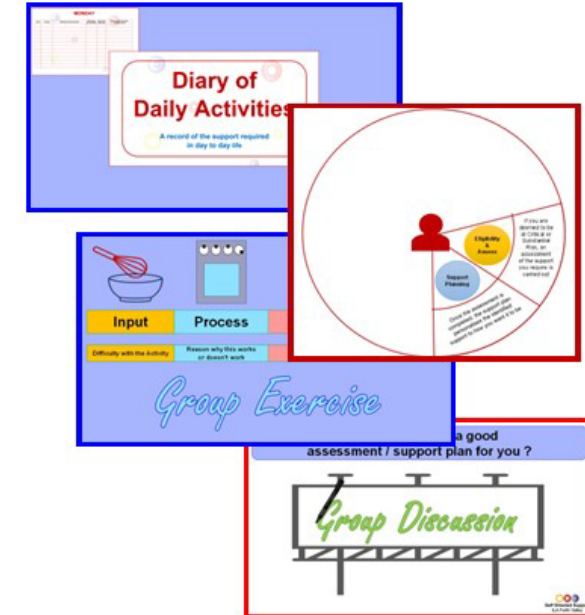
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The workshop is inspired by, and progressed from the work of Emma Miller and Ailsa Cook, authors of the 2012 document "Talking Points" which forms the basis, to this day, of the outcomes focused approach to Self Directed Support.

The workshop is an interactive and participative event that lasts around 2 hours. Using a mix of presentation, group discussion and fun group exercises, the workshop provides not only a supportive learning experience, but also means you leave with knowledge about outcomes that will prove invaluable to enable you to contribute effectively in the support planning process on your Self Directed Support journey.



Following on from our "Introduction to the Persons Pathway" presentation, the Outcomes & Support Planning Workshop focuses on the assessment and support planning stages of the pathway. You can still book onto the workshop if you have not attended the Pathway Presentation, but it would be highly recommended that you arrange to participate in the presentation first.



The workshop will give you the opportunity to explore and understand the outcomes steps of: Input / process / output / outcome, and how to apply this to your own particular circumstances. Although, the more you participate in the workshop, the more you are likely to get out of it, you do not have to disclose anything about you or your situation, but you will still be able to apply the learning to YOU.

The workshop would be especially of use to people who are at the earliest stages of their Self Directed Support journey or those who are due a review of their funded support. It would also be of great benefit to unpaid carers, when they have had an Adult Carer Support Plan and been referred on for further consideration by Social Work Services, as they will also have their own carer related outcomes.

How to book onto the Outcomes & Support Planning Workshop

To book a place on the workshop, please contact Self Directed Support Forth Valley by email and we will advise you workshop dates and availability

info@sdsforthvalley.org

The Outcomes & Support Planning Workshop is part of Self Directed Support Forth Valley's Well Worthwhile Waiting approach. For more information on this, or Self Directed Support, please look out for our Well Worthwhile Waiting leaflets or contact us by email



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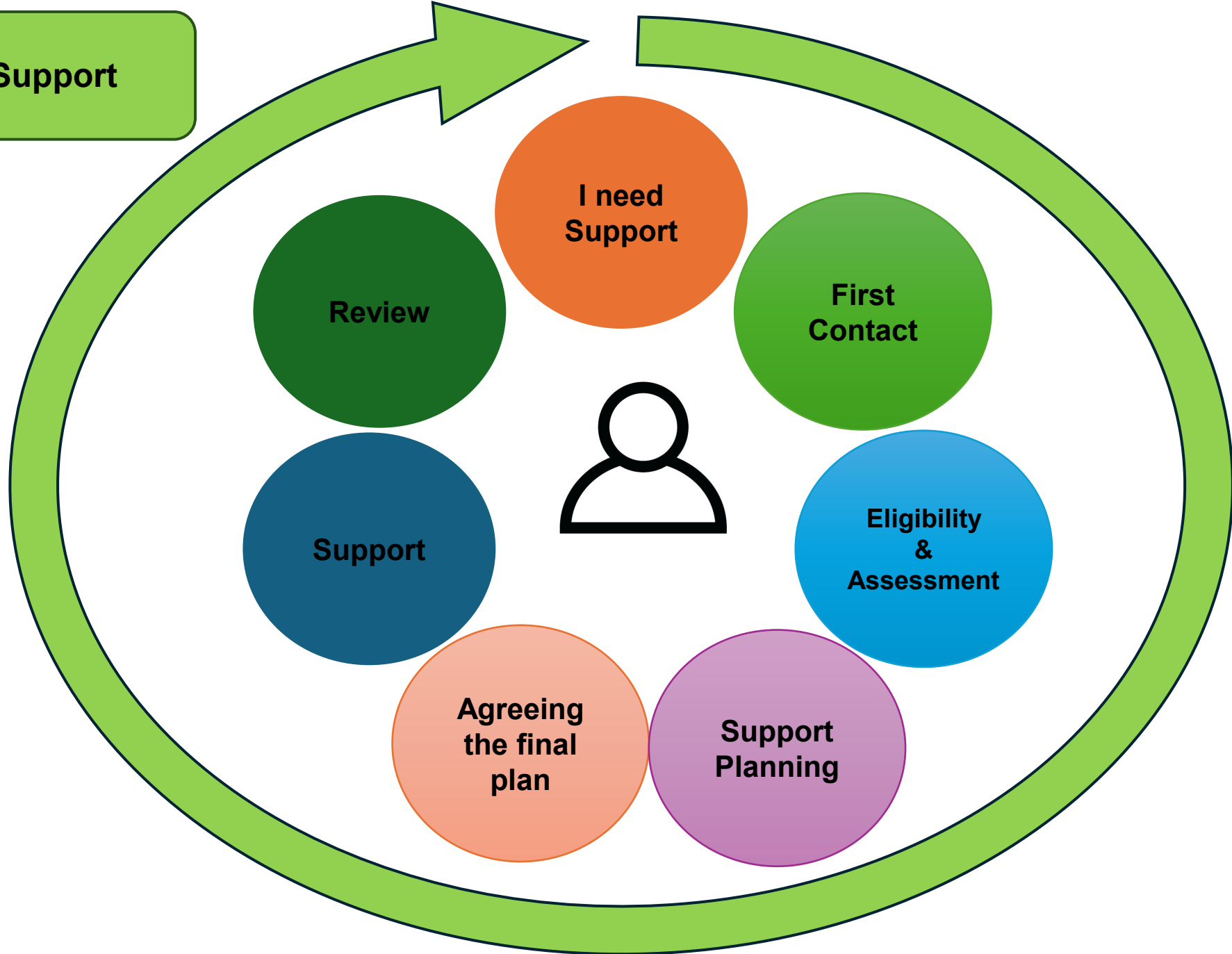
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End to End Support





Breaking down the barriers

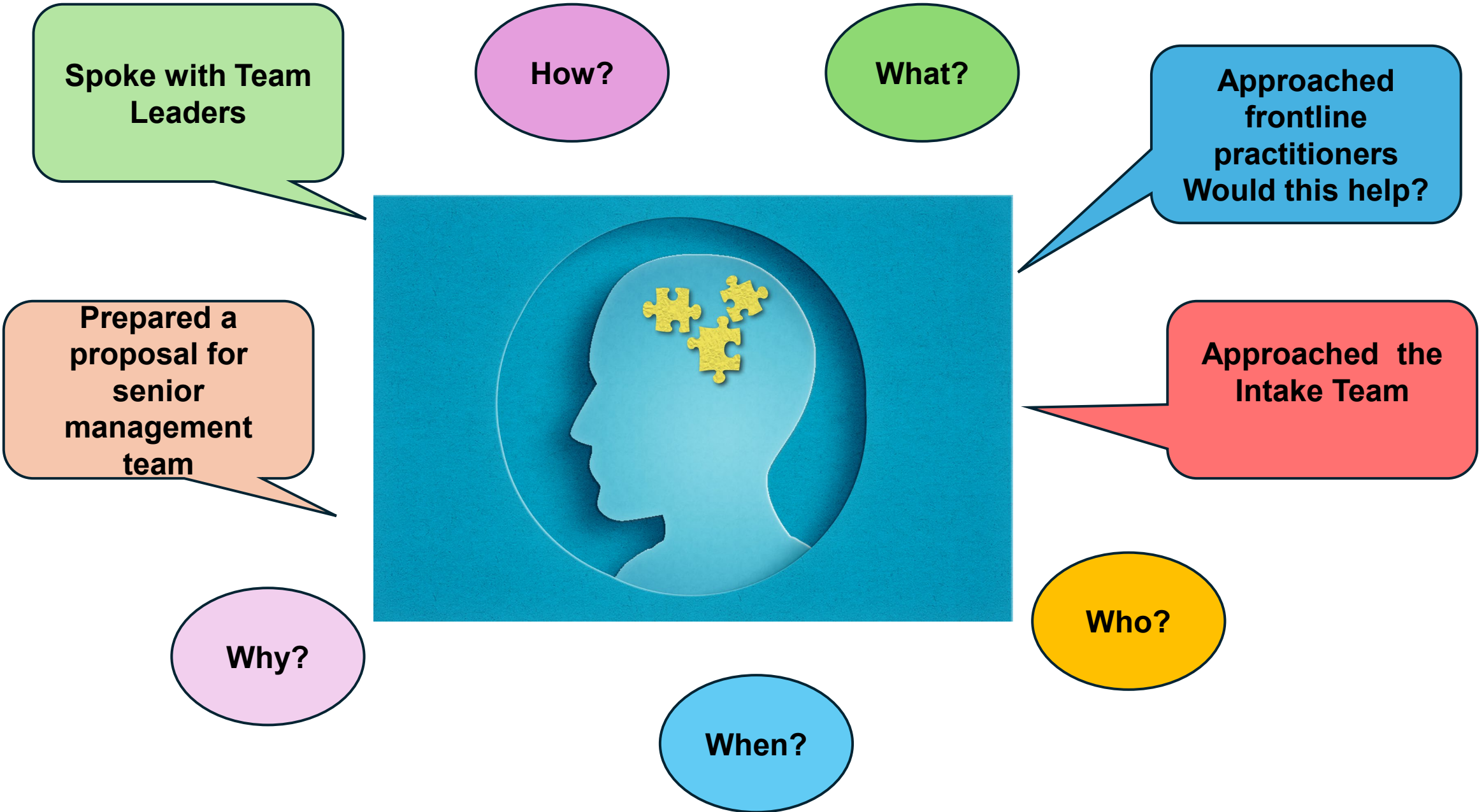
How would this help frontline practitioners?

How would this help people's individuals, families of children and unpaid carers?

How do you deal with potentially raising people's expectations of a funded package before they have had their assessment?

How much additional work would this give the already overstretched intake teams and locality team leaders?

How do you get people to engage at this early stage?





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Thank you for
giving us the
opportunity to
share our vision

