Self Directed Support Scotland
the organisation of choice

neurological alliance of scotland

FACTSHEET:
Self-directed Support (SDS) for adults
Information for Health and Social Care Professionals

1. What is self-directed support?

Self-Directed Support (SDS) is for everyone in Scotland who needs social care services or support. This includes children, adults and unpaid carers and includes people with neurological conditions .

It is based on the Social Care (Self-directed Support) (Scotland) Act 2013 ('the 2013 Act'). This is the law that tells local authorities what they must do to give access to SDS in a way that supports people's rights to choice, dignity and being able to take part in the life of their communities.

· Practitioners in health and social care make sure that supported people have a say in planning and arranging what their care and support looks like and that they have as much involvement as they want in decisions about their support

· Practitioners in health and social care make sure that supported people have enough information to understand what is available and to make the choices which are right for them. This should include information about where to find independent support

· SDS is available to anyone who meets local eligibility criteria for support. **Each local authority sets their own eligibility criteria**

· There are four options for SDS which are explained on page 4

The Framework of SDS Standards helps explain how everyone involved in SDS should help supported people choose the kind of social care support that will give them dignity and control over their lives.

As circumstances change along with the nature of their condition, people will need to review the level of support that they need.

2. How to help someone access the support they need

To access SDS, people need to have an assessment of their needs by the local authority. This is usually by a social worker but other professionals can do this as well. Once a person's eligibility for support is established, the council will work out what their SDS budget is, based on their assessed needs. The person will then get a choice of the four options of SDS and given support to put together a 'Personal Outcome Plan', to show how they would like to use their SDS budget.

You can help people prepare for their initial contact with the local authority by helping them to:

- explain their medical challenges
- have their medical history ready
- highlight which other people or organisations are involved
- highlight if they have a carer
- be upfront about adjustments needed

> *"SDS allows me to have a life...to pay for leisure centre membership which allows me to swim regularly. SDS gives me the right to make decisions and choices"*
>
> ***Person with Alzheimer's***

3. Support for family and friends who are carers

Many people who care for friends or family members do not recognise themselves as carers and yet it is important that unpaid carers are aware that SDS can also apply to them.

This is the case even if the person they care for is already in receipt of support under SDS or they live in a different area.

Carers have to meet local eligibility criteria as well, and if they do, they could be offered an SDS budget to give them a break from their caring role, or to do something to support their health and well-being. You can find more information about this from the Coalition of Carers: https://www.carersnet.org/

4. SDS can help someone with a neurological condition live a better life

There are an estimated 600 neurological conditions, some of which are relapsing and remitting, some of which are fluctuating and others that are progressive. The likelihood that someone with a neurological condition is eligible for SDS can be high.

We want to help more people apply for the support they need. SDS is not a benefit and will not affect any benefits a person receives. It is money allocated to pay for the support that someone needs on a day-to-day basis.

People may use SDS to access a budget or services. A budget can be used to pay for a Personal Assistant to provide support, or to pay for specialist therapy input, equipment or adaptations. SDS can also be used to access services, opportunities and kinship support in the local community.

5. Professionals who may be involved

Professionals who may be involved include:

Social Workers
Social Work Assistants
Hospital Discharge Team
Occupational Therapists
Physiotherapists
Community Nursing Staff
Clinical Nurse Specialists
Doctors
Community mental health teams

Collaboration between statutory and support or advocacy bodies is critical to ensure the person at the centre has the best support available to meet their needs.

For some people, their neurological condition can make them unable to speak or communicate effectively, even though they may be fully cognisant and aware of what's going on around them. It is important not to confuse difficulties with communication, with difficulties in understanding.

> *"We use our daughter's SDS budget to employ Personal Assistants - doing all the recruitment ourselves. This means we can employ people who are flexible enough to suit our daughter's needs".*
>
> ***Parent of a young person with ME***

The Adults with Incapacity Act highlights the presumption of capacity and that staff need to make every effort to assist and facilitate a person's communication. It might also be important to consult family members, care workers or whoever knows the person well, on the most effective way of communicating with them.

It is important to ensure that people have the right level of support to make decisions for themselves and to put the person at the very centre of their care.

6. What to do when things change

We all know that things can change, sometimes very suddenly. Even if someone's circumstances change soon after an assessment, they should ask the local authority to review their needs.

This includes a deterioration in the person’s condition or if their carer is finding it harder to support them.

7. Preparing someone to leave hospital

When people are admitted to hospital it is important to ensure they have continuity in the care and support they receive. Some people may need additional ‘social care’ support when they are in hospital.

When people are ready to be discharged from hospital, there should be an agreed discharge plan in place. Unpaid carers should be involved in this plan.
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It is not always easy for people to think through their needs when they are in hospital and preparing for discharge. That is why sometimes a short-term re-enablement service is useful, as it allows the person to get home and have a bit of breathing space to work out what their longer term needs are

This supports a more effective discharge process to ensure people have the support in place they need before leaving hospital. Sometimes it is more practical for re-enablement services to be used ahead of the person applying for long term support under SDS.

There are four options for receiving SDS which are:

Option 1: A direct payment, where the council gives you the money you need to pay for your support

Option 2: You agree that someone will arrange the service of your choice on your behalf

Option 3: An arrangement, where the local authority identifies a service you would be happy to use and they arrange this for you

Option 4: A mix and match of any of the other 3 options

If you meet local eligibility criteria, the council has a duty to tell you about these four options and how these relate to your circumstances.

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10. Additional Information

More information about carers:
You can find further support as a carer from your local Carers Centre listed on the Coalition of Carers in Scotland website here: https://www.carersnet.org/what-support-can-i-access/

More information about advocacy:
You can search for a local advocacy service on the Scottish Independent Advocacy Alliance website here: https://www.siaa.org.uk/find-an-advocate/

More information about SDS:
There are now Independent SDS Information and Support services in all local authorities in Scotland. They help local people to apply for the support they need. You can find your local organisation by using the 'Find Help' search tool on the SDS Scotland website here: https://www.sdsscotland.org.uk/

Support in the Right Direction (SiRD)
The Scottish Government funds independent support providers across Scotland to support people by providing advocacy, information and advice on social care at a local level through SiRD

Self Directed Support Scotland
Contact us on:
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Company registered in Scotland:
SC371469

Neurological Alliance of Scotland
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Scottish charity no: SC048555

The Social Care (Self-directed Support) (Scotland) Act 2013 and the Carers (Scotland) Act 2016, create rights for people needing support in Scotland and their carers, as well as placing duties on social care and health professionals.

The Scottish Government has published these **Standards for SDS** to help local authorities implement SDS well in their area.

For updated SDS guidance see: https://www.gov.scot/publications/statutory-guidance-accompany-social-care-self-directed-support-scotland-act-2013-2/

This leaflet is a collaboration between SDS Scotland and the Neurological Alliance of Scotland

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THE OXYGEN WORKS
PSPA
#ME ACTION SCOTLAND
THE ME ASSOCIATION me
action for m.e
the scottish tremor society
Child Brain Injury Trust hope for tomorrow - today
Scottish Post Polio Network
Lanarkshire Epilepsy