

## Enjoy personalised support that's as individual as you are



Self Directed Support – choose a support  
package that's just right for you

## What is Self Directed Support (SDS)?

With Self Directed Support you're in control of your own budget. So you can choose how your support is provided, making it a more personal package that's more suited to your life.

## Who is it for?

It's for you! SDS is for anyone who needs help and support to live as independently as possible in their own community.

## How will it benefit me?

Previously if you needed community care services, you had access to a limited range of services to meet your needs.

Whilst many people are completely satisfied with the support arranged by their local authority, an increasing number want more choice and control over the support they receive. Which is where SDS comes in.

The benefits of SDS include:

- ✔ **FLEXIBILITY** – you can have support staff visit you at a time that suits you.
- ✔ **CONSISTENCY** – you could employ your own personal assistants meaning you have consistent care and more peace of mind.
- ✔ **INDIVIDUALITY** – you can use your budget to meet your needs more creatively and personally than the services provided by the local authority.

The most important thing is that it is done in a way that works for you and your specific needs.

## How do I apply for SDS?

If you're eligible for support services, you will have your needs assessed by a Social Worker, Care Manager, Local Area Coordinator or Enablement Support Co-ordinator.

An individual budget will then be identified based on your individual needs.

You'll be supported to identify your own skills and resources, and will work with everyone involved to look at different ways to improve your life.

A support plan will outline the actions to achieve the desired outcomes using the resources identified and the individual budget.

Once all this is agreed, you can choose from four options as to how much control and responsibility you want to take.

1. A Direct Payment (a cash payment) where you choose how the budget is used and you manage the money.
2. You direct how the budget is used, but the money is managed by someone else (sometimes called an Individual Service Fund).
3. You ask the council to choose and arrange services for you.
4. You can choose a mix of these options for different types of support.

You will have a dedicated worker to provide ongoing advice and guidance, and your local council will have a responsibility to make sure you are safe and well supported.

They will also make sure your budget is being used as planned to achieve the agreed outcomes.



## When did SDS start?

The Social Care (Self-directed Support) (Scotland) Act 2013 was implemented in April 2014. Aberdeenshire Council and Aberdeenshire Health and Social Care Partnership have adopted this approach with everyone who is eligible for support.

For general information about Self Directed Support

Email: [selfdirectedsupport@aberdeenshire.gov.uk](mailto:selfdirectedsupport@aberdeenshire.gov.uk)

### **Cornerstone SDS Aberdeenshire**

For general SDS information and advice including support to find resources suitable to your needs.

Tel: 01467 530520

Email: [aberdeenshire@cornerstonesds.org.uk](mailto:aberdeenshire@cornerstonesds.org.uk)

### **Quarriers Aberdeenshire Carer Support Service**

Support, information and advice service for adult and young carers living in Aberdeenshire.

Tel: 01467 538700

Email: [aberdeenshirecarers@quarriers.org.uk](mailto:aberdeenshirecarers@quarriers.org.uk)

### **Further information**

If you require an assessment of your needs call: 0345 608 1206

Aberdeenshire Council website: [www.aberdeenshire.gov.uk/social-care-and-health/community-care/financial-support/self-directed-support/](http://www.aberdeenshire.gov.uk/social-care-and-health/community-care/financial-support/self-directed-support/)

Scottish Government website: [www.scotland.gov.uk/Topics/Health/Support-Social-Care/Support/Self-Directed-Support](http://www.scotland.gov.uk/Topics/Health/Support-Social-Care/Support/Self-Directed-Support)