

## It's all about choice and control over your social care needs

Self-Directed Support is a major change in the way people with social care needs are supported. It aims to improve the impact that care and support has on people's lives by helping them **choose** and **control** what type of social care services they get, **when and where** they get them and **who provides them**.

### The Process – How to access SDS from Social Work Services

#### Step 1 – Initial Contact

You have to make the first contact with your local Social Work Office – Home Instead can help you with this in both South and North Lanarkshire. If you are in hospital then a hospital social worker will visit you before discharge to assess your needs when you get home.

#### Step 2 – Assessment and Indicative SDS Budget

A Social Worker will visit you and make an assessment of your needs and whether these needs are eligible for support. The assessment will focus on things individuals can do well and those where they may need some help. Points will be allocated at each part of the assessment, depending on the need, and the total points are what assists in producing an indicative budget.

#### Step 3 – Formation of the Support Plan

Social workers have the responsibility of agreeing an individual's support plan that will enable people to achieve the agreed desirable outcomes. Some of the essential criteria that should be discussed in your support plan are listed below

- What is important to you
- What are your specific desirable outcomes
- How will you be supported
- How will you use your individual budget
- How will your support be managed
- How will you stay in control
- What is the action plan

#### Step 4 – Agreement of the Support Plan

Once everything is agreed, you should receive a copy of your care plan. This will identify how your agreed outcomes will be met and how your individual budget should be used. This may include a stated number of hours of care and support. You will be informed of the four options of how you receive the support and spend the budget. (see options below)

#### Step 5 – Review the Support Plan

Social work should agree with you how often they will review the support plan. You or social work can request a review at any time if circumstances change and your support needs have altered.

## There are four options on how you use your SDS budget

#### Option 1. Direct Payments

You receive a direct payment from the local council based on the agreed budget and you manage your own support plan. Home Instead can deliver your support plan via this direct payment method.

#### Option 2 Individual Service Fund

You choose who will deliver your support plan and the local council pay them direct and the care provider manage the service on your behalf. Home Instead can deliver and manage your support plan, get paid directly by the council and you don't have to do a thing.

#### Option 3 Social Work deliver your Support Plan

Social Work arrange and manage your support plan and care needs, with their own local council employee's or through a 3rd party approved provider.

#### Option 4 A combination of the above

A mix of the first 3 options may be used if you feel this is best for you