

Self Directed Support Fife Easy Read



Self Directed Support is often known as SDS. This booklet has been written in sections to make it easier for you to use.



More information about SDS can be found in the Self Directed Support section of our website www.onyourdoorstepfife.org



There is also a short video on the website to help you to understand Self Directed Support.

Introduction



In 2013 the Scottish Government introduced a new law called the Social Care (Self Directed Support) (Scotland) Act 2013.



This law was made to give people more choice and control over how their care and support is arranged for them.



Self Directed Support is about your goals and how you plan to achieve these. These goals are also called your agreed outcomes.



Self Directed Support also focuses on the people you have in your life such as family, friends, neighbours and community groups.

Personal Outcomes Support Assessment



A personal outcomes support assessment is a conversation with a social work assessor to gather information about you, your strengths and the support you need.



An assessor will visit you at home or a place of your choice to complete your assessment with you.



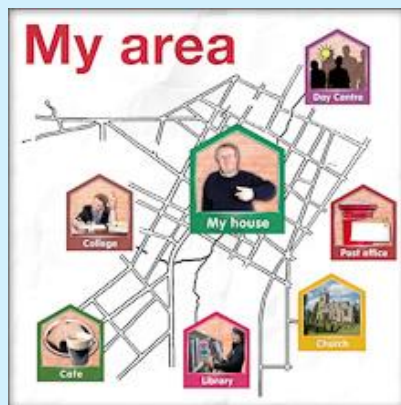
You can ask a family member, friend or advocate to support you during your assessment. Your assessor can help you to contact an advocate if you think you need one.



Your assessor will talk with you about things you do to keep yourself healthy and happy.



Your assessor will talk with you about the support you have from your family and friends.



Your assessor will talk with you about your interests such as hobbies and activities that you enjoy.



Your assessor will talk with you about how you move around at home and when you are out and about.



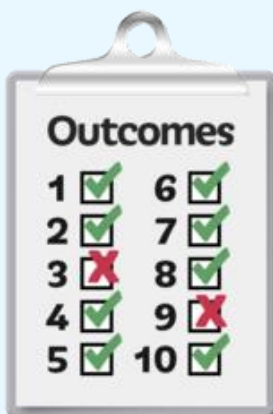
Your assessor will talk to you about how you care for your home such as cooking, shopping and cleaning.



Your assessor will talk with you about how you care for yourself such as showering and getting dressed.



Your assessor will talk with you about how you keep yourself safe at home and in the local community.

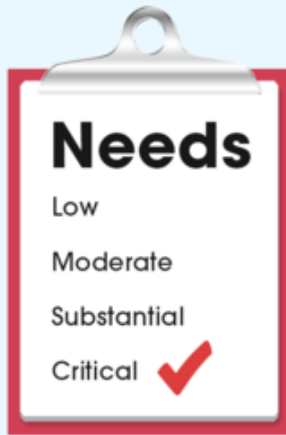


Your assessor will talk to you about the care and support you will need to help you to achieve your agreed outcomes.

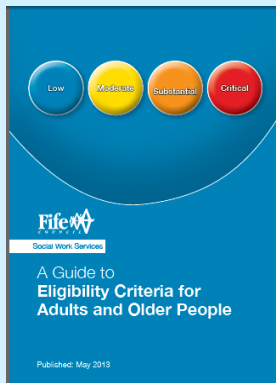


You will be given a copy of your assessment and your support plan to make sure that you agree with everything that is written in them.

Individual Budgets



Fife Health and Social Care Partnership need to make sure that funds are used to provide support to people in Fife who need it most.



Information called eligibility criteria is used to make sure that everyone is treated in the same way. Your assessor can provide you with a copy of this booklet if you want one.



Social Work managers will read your assessment and support plan to decide if you meet the eligibility criteria for care and support.



If you are eligible for care and support, your assessor will let you know how much money you will receive to pay for this.

Making Decisions



There are 4 Self Directed Support options for you to choose from when organising your care and support.

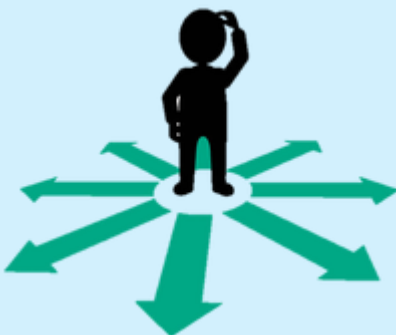


It is important that the 4 options are explained to you in a way that you understand so that you can make good choices about how your care and support is arranged for you.



We would suggest you watch the SDS video on our website www.onyourdoorstepfife.org and let your assessor know if you have any questions.

SDS Options Fife



Staff from SDS Options Fife can support you to understand the 4 SDS options and to choose the option which will suit you best. You can phone them on **01592 803280**.

The 4 SDS Options



Direct
Payment

Option 1

Your budget is paid directly to you as a Direct Payment so that you can arrange and pay for your own care and support. This option gives you the most choice and control.



Individual
Service Fund

Option 2

You ask your chosen care provider or Fife Council to manage your budget for you and you decide how your care and support is to be arranged for you.



Council
Services

Option 3

You ask Fife Council to manage your budget for you and to arrange your care and support. You have the least choice and control with this option.



A mix of the
Options

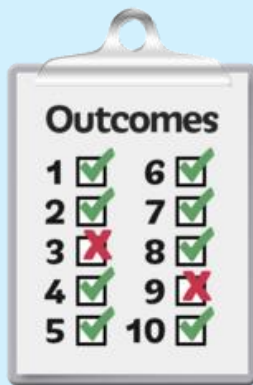
Option 4

This is a mixture of options 1,2,3. You can arrange some of your care and support yourself and ask your assessor to arrange other parts for you.

Reviews



A review is a meeting to find out how you are getting on. This takes place once a year. You can ask for a meeting if you are experiencing difficulties or if your needs have changed.



At your review meeting you will have the opportunity to talk to your assessor about the progress you are making towards your agreed goals or outcomes.



Your assessor will talk with you about your care and support, if it is working for you and if anything needs to change.



Your assessor will write down your comments on a review form. You will receive a copy of this to sign. Make sure you tell your assessor if there is something you don't agree with.

Useful Information

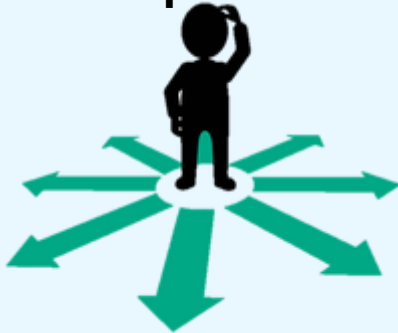


If you do not have a named social worker or assessor and you feel you or someone you care for needs care and support, phone the Contact Centre on **03451 55 15 03** where an adviser will help you.



If you require further information about Self Directed Support in Fife please go to the Self Directed Support section of our website www.onyourdoorstepfife.org

SDS Options Fife



SDS Options Fife provide information and support to people who have any questions about Self Directed Support. You can ring them on **01592 803280**.

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