Welcome to the second Self Directed Support (SDS) newsletter

The implementation of Self Directed Support in Fife has come a long way since the Bill received royal assent in April 2013. Self-directed support is transforming the lives of individuals, families and communities in Fife with many people in Fife now organising their support to meet their own unique circumstances and agreed personal outcomes.

In this newsletter we illustrate how SDS emphasises person centred support and provides personalised and outcome focused services.

We have included examples, comments and stories to give you a flavour of the many varied ways that people are receiving their support.

Fife Council continues to work closely with service users, carers, and other support organisations in the implementation of SDS in Fife. I would like to thank everyone for joining in and helping us to make SDS work well for people in Fife.

Julie Paterson
Divisional General Manager (Fife-Wide)
Self-Directed Support is a way of helping people who need care and support to have a good quality of life by having more choice and control over how their care and support is arranged. When they speak to their Social Worker they will talk about things that are important to them and the kind of care and support they need to reach their goals or outcomes and how this should be arranged for them.

There are four options for arranging care and support:

1. A Direct Payment managed by yourself.
2. You direct your support through a third party.
3. The Council arranges your support for you.
4. A mix of options 1, 2 and 3 above.

For more information refer to the frequently asked questions (FAQs) on our website: www.fifedirect.org.uk/sds

What is Self-Directed Support?

Option 1 (Direct Payment)
What this means to Carol and Raymond

“Option 1 (Direct Payment) appeals to us because it is directly controlled by us and we can arrange care at a time that suits us best.

It gives us choice! Choice of who we use for care, choice of timing and length and frequency of visits. We can arrange help as and when we need it thus avoiding time wasted. Because we decide how the money is spent we feel we receive better value, we can make sure our needs are fulfilled. If we want to make changes that too is under our control and easily arranged.

Direct Payment ensures that my husband’s needs are met but also lightens my load by giving us flexibility in how we apportion the money provided. Respite care may be arranged at suitable times.

There is some administration and of course accountability but this is minimal compared to the advantages.”

Carol and Raymond Philip

James has motor neurone disease and front lobal dementia which means he can’t talk and is confused frequently. He only walks short distances and his disorientation means going out is difficult. Since his diagnosis his life and his wife Maureen’s have completely changed and turned upside down.

Fife Council Social Work services have been working with Maureen to arrange help for them through Self Directed Support (SDS).

James now has a carer who started in March 2015 and this has had a huge impact on their daily lives.

Maureen says, “Knowing James is safe, getting looked after, being fed and given his medicine while I’m at work gives me great peace of mind. While I’m out he has company to break up his day, someone to help him get up and do things with him.

It is very important to me to have the carer. On one occasion James had breathing difficulties and the carer phoned me and I was able to phone the doctor.

James and I have discussed my working and we wondered whether I should give it up, however, we decided that it was important to both of us to maintain our normal lives for as long as possible.

At the moment the carer allows me to work fulltime. I get some normality in my life and enjoy the company of my work colleagues.

“The fact that I have been able to choose the care that suits James and me has been amazing and the best thing ever.”
Theresa suffered a stroke in February 2000 that left her paralysed down the right hand side of her body. Since then Theresa has been going to the Central Fife Community Support Services, a support service for adults with learning and physical disabilities for three days a week. This provides her with social interaction and activities while giving her main carer, husband Willie some respite time.

Theresa is very happy at the Central Fife Community Support Service but aware that when she reaches 65 she won’t be able to attend anymore. The prospect of being in her house all day and Willie getting no respite was making her anxious.

After discussing the situation with a member of the SDS team she found out that through SDS there are more choices available to her. She has now decided to employ a Personal Assistant (PA) for one day a week and go to the Central Fife Community Support Service for two days. This arrangement gives her flexibility and a way of gradually moving away from the service, avoiding a sudden change which she would find difficult to cope with.

In February 2015 Theresa employed Maureen to be her PA and her life changed.

Theresa says: “I have much more freedom now. One day we went to the town centre and just jumped on a bus. This was the first time in about 15 years that I’ve been able to do that and it felt great. I always enjoy getting out with Maureen.”

We’ve been all over the place from shopping in Dundee to going to the Edinburgh fringe. We also go swimming regularly and enjoy trips to the cinema.”

Maureen agrees saying: “I really enjoy the job and making a difference to Theresa’s life. We are on the same wave length and share lots of laughs.”

Theresa and Maureen work flexibly together with Theresa banking hours to go on longer trips. This gives her lots more choice in where and when she goes. The flexibility is also good for Willie because Theresa and Maureen are able to work around when he wants to go out.

Theresa is now considering reducing another day from the Central Fife Community Support Service and wishes there had been the freedom to choose years ago. She is delighted that she can now arrange her support in a way that meets her individual needs and helps her continue to be as active as possible.

Theresa

Kaitlyn has a rare chromosome disorder which means she needs support in every aspect of her life and learning. Through self directed support (SDS) she has a PA (Personal Assistant) for six hours a week. The PA plays a dual role in the family, helping Kaitlyn take part in activities and also providing time in the week for Kaitlyn’s family to focus on other aspects of family life.

Kaitlyn’s Dad Kenny says: “When Kaitlyn was very young we didn’t have any support and it was difficult to manage simple family activities.

Now that we have self directed support we have a bit of time to ourselves and time to spend with our other two boys. Kaitlyn also benefits hugely. When she is with her PA she has more opportunities to widen her experience, enjoy activities and have greater independence. All this is contributing greatly to her development.”

Mum Yvonne adds: “Life is a lot less stressful now. The boys are happier and we see a big difference in Kaitlyn. It is lovely to see her thriving.”

Kaitlyn

Fife Council

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Community Asset Mapping

What is it?

Community asset mapping gathers and shares information about people, places, activities, organisations and groups which are valued by local people and communities.

44 community mapping sessions have taken place to date involving residents from towns and villages across Fife. A wide range of people have participated in the sessions including parent and toddler groups, youth groups, older people, carers, children attending after school clubs, secondary pupils, staff working in the voluntary sector, cultural trusts, community councils and church based groups.

Gerry Goldie Fife Council Local Area Coordinator says, “Our mapping sessions are hands-on and suit people of all ages and abilities. Young children enjoy drawing parks, flowers, self-portraits and activities on the maps and facilitators adapt the sessions to suit each group. A typical mapping session can last from one to two hours.

If you are a member of a community group, church or club, work for a community organisation, serve on your Community Council or are a well-connected person in your community and you can help us by holding a mapping session in your area, we would love to hear from you.”

What will the information be used for?

A wealth of local community information and rich conversations have been generated during each of the mapping sessions.

At the moment the online search engine, www.aliss.org is being used to share the information from the mapping sessions. Anyone can look and see what is going on in their local area and have access to a wide range of information.

Also people eligible for social work services can use the information to help them meet their agreed outcomes. Currently a new information website for Fife is being developed that will hold local information and be even more user friendly.

BRAG Enterprises and ENABLE Fife, a charity set up to ensure that people with learning disabilities have equal choices and opportunities, are working in partnership with the Local Area Co-ordinators from the SDS Team to facilitate mapping sessions in the West Fife, Dunfermline and Kirkcaldy localities. The SDS team from ENABLE intend to use the information from the mapping sessions to connect children and adults with learning disabilities from rural communities into local community groups and activities.

To book a mapping session, to enquire about the project, or to add information to www.aliss.org please telephone Gerry or Sylvia on the team’s duty number 03451 555 555 443796 or email sds.duty@fife.gov.uk
Case study

Jennifer Rezendes
Fife Council
Review Team
East Team Manager

I started working in the Older People Review Team (East) in December 2014. The team of eight, provides a review service to people living in care homes, and service users who live in the community with packages of care.

It’s an important job because the people we serve need the level of support that’s right for them. In time, the care they need changes as they get older and we need to regularly review and find out if the support provided is meeting their needs or not.

When SDS was first talked about I realised very quickly that the aims of SDS fitted very well with the Review Team’s role and we welcomed the chance to test the roll-out of SDS in Older People’s Service.

To get us started, team members went on the introduction to SDS training and in February 2015 we began offering every service user we reviewed one of the 4 options under SDS.

We are continuing to improve our practice with team members taking part in “Good Conversations” training and learning about “Brief Solution Focused Conversations”. This helps staff draw out what really matters to people during the review process and allows us to support people to do what matters to them in life.

Supporting people to be actively involved in their own service provision and decision making is at the heart of SDS and the Review Team East have embraced this ethos. I am thrilled to be a part of the great work that they do.

To date, the Team have taken 89 people through the SDS pathway. The majority of service users have opted to remain with Option 3; however we have just had our first Option 1 request for a Direct Payment.

SAVE the DATE
16th February 2016
Rothes Halls, Glenrothes

The SDS Team is arranging an event in February ’16 which will provide a great opportunity for community groups and organisations who have taken part in the Community Mapping project to get together with local providers of support services to display information about the support and services they provide.

More information will be circulated nearer the time.

SDS Reference Group

The Reference Group continues to meet quarterly. In the last few meetings the group have discussed the development of the Information Website and Peer Support in Fife. Representatives from the organisations who have received funding from the Scottish Government to further the implementation of SDS in Fife have been invited along to the June and September ’15 meetings to discuss their new projects.
Self Directed Support Awareness Week

National SDS Awareness Week took place in March 2015. The Fife Council SDS team really got into the spirit of things by taking the Revolution Bus to various locations across Fife. Everywhere they went they talked to people about how SDS can make a huge difference to the lives of people who are eligible for support.

The week was a huge success, despite the wet, windy and at times snowy weather. The team met many people, providing information and giving out leaflets. In total over the course of the week, over 900 packs of information were distributed. People were keen to hear about what SDS could mean for them or a family member.

Joining the SDS team on the bus were members of the SDS Reference group as well as some of the support organisations the Social Work Service has been working with.

The week was rounded off with an event at the Gilvenbank Hotel, Glenrothes where many different people who have been involved with the implementation of SDS in Fife gathered to celebrate the progress that has been made.

The speakers were Julie Paterson, H&SC Divisional General Manager (Fife-wide), Gordon Dunbar (SMART Partnerships), Claire Chue Hong, a member of our SDS Reference Group, who spoke about her experience of accessing services for herself under the new legislation and Lynn Scharff, a mother of a young adult receiving services. We were delighted to include in the programme Suit and Pace, a local drama group and a musical finale provided by The Carefree Chorus.
ENeRGI

ENeRGI provides individuals and carers with advice, professional advocacy, information and support to help them navigate through their SDS pathway. We are also in the process of establishing a Fife Wide Support Brokerage Service.

Good support brokerage is about supporting an individual to achieve their outcomes by providing the support of a third party who has the necessary knowledge, skills and ability to carry out the tasks and who will be focused on the individual’s personal outcomes. “Individuals having maximum choice and control over their support”.

ENeRGI provide a range of supports for people progressing through their SDS pathway. Further information about our services can be found on our website www.energi.org.uk.

For people who don’t meet Social Work eligibility criteria we assist them to explore their care and support options as well as other resources including community based assets. We will work with people who choose a Direct Payment (Option 1) and also hold funds for and work with people who choose to receive an Individual Budget (Option 2).

Our Support Brokerage materials will be available shortly. To obtain a copy or for more information or confidential advice please contact our SDS team:

David Smith
dsmith.energi@btconnect.com

Norman Cowie
ncowie.energi@btconnect.com

Alison Graham
32 East Street,
St Monans,
Fife,
KY10 2AT
Tel: 01333 730477

PAMIS

PAMIS will continue to support and enable people with profound and multiple learning disabilities (PMLD) and their family carers. SDS will provide increased one to one support for families who have specific individual challenges and those unable to access PAMIS training workshops. The PAMIS SDS workers will also assist families to access and use digital tools to support communication and education with paid care providers. The project will also facilitate mediation and negotiation skills events across all areas in which PAMIS is active.

These events will support families to prepare for the conversations promoted within the SDS process and promote meaningful conversations at the assessment or re-assessment stage of accessing Self-Directed Support.

Brenda Garrard
PAMIS SDS Project
b.garrard@dundee.ac.uk
www.pamis.org.uk
01382 385 459
Team Update

The SDS team continues to be involved in various pieces of work as the new legislation becomes fully embedded to ensure individuals using services are provided with the maximum choice, control and flexibility and that staff are supported as we move through this period of transition.

Training

ENABLE Scotland, who were awarded the contract to provide training to Fife Council operational staff, have provided sessions on outcomes focussed assessments and support planning.

In addition, the Thistle Foundation a Scottish charity to help people with disabilities and health conditions has been providing Practise Development sessions to staff in Good Conversations. This training has also been attended by staff from the Health and Social Care Service and NHS Fife as well as staff from the voluntary sector. More sessions are planned before the end of March 2016 and it is hoped that further sessions will be provided over the coming 2 years.

Information Website

The SDS Reference Sub Group is continuing to develop the Information Website. The Group has been working with representatives from Fife Council Communities to look at linking the Information Website to FifeDirect. The website will hold information about a vast range of support services and community resources across Fife. The information recorded will allow people who are looking for supports within their own communities to easily identify what’s available and where, ensuring they are given the maximum choice available. It is hoped the site will be up and running by February 2016

Personal Outcomes Assessment

Work is ongoing to replace the current Single Shared Assessment (SSA) with a new assessment which focusses more on the individual and their personal outcomes. The new paperwork had been widely circulated throughout the Service and valuable feedback has been provided from various practitioners. In addition, feedback has been provided by members of the Reference Group and service users. The next stage, once the paperwork has been finalised and agreed, is to align the information being recorded on paper to the information being recorded on the Social Work Information System (SWIFT/AIS). The planned changes to the paperwork and systems recording will streamline the process for assessing and reviewing staff as well as allow the Service to ensure that services and supports are making a positive difference to people’s lives.

Further Information

For information about Self Directed Support in Fife:

Online
www.fifedirect.org.uk/SDS

Phone
01383 441177 (9am to 5pm)

BSL Translation SMS service
07781 480185

BSL Translation SMS service
07781 480185

BT Text Direct
18001 01383 441177 (9am to 5pm)

Alternative Formats
To request information in large print, braille, audio CD/tape and BSL interpretation call 03451 555500

Language lines

خط هاتف اللغة العربية: 03451 55 55 77

বাংলা আলাপ করার জন্য টেলিফোন লাইন: 03451 55 55 99

中文语言热线电话：03451 55 55 88

Polskojęzyczna linia telefoniczna: 03451 55 55 44

آرزوایان کے لئے تلفن: 03451 55 55 66

You can also find out more about SDS in Scotland by visiting the Scottish Government’s Self Directed Support Scotland website www.selfdirectedsupportscotland.org.uk