Welcome to the Spring 2017 SDS newsletter. As Self-Directed Support (SDS) has been rolled out across Fife over the last few years there are many people who are benefiting from its personalised approach. Care and support is tailored to the individual’s personal goals and outcomes and we asked some of our service users and families to share their stories about how SDS has helped them.

They have given us some excellent examples of the difference self-directed support is making to people of different ages and with very different requirements.

The ‘On Your Doorstep’ community website has been up and running for a year and has been a great success. Visitor numbers are are approaching 10,000 and a remarkable 1700 organisations are listed making it possible for most people to find care providers, clubs, organisations, groups and activities that are locally available in Fife on their doorstep.

I would encourage everyone to go to www.onyourdoorstepfife.org and find out if there are groups or organisations where you can access support and get involved.

Julie Paterson
Divisional General Manager (Fife-Wide)
Self Directed Support (SDS) • Spring 2017

Self-Directed Support is a way of helping people who are eligible for care and support to have a good quality of life by having more choice and control over how their care and support is arranged. The SDS team has been working with colleagues from across Health and Social Care to develop a new type of assessment. It is called a Personal Outcomes Support Assessment and allows you to be fully involved with your assessment.

They will work closely with you to complete your assessment and discuss what would help you live more independently and what your personal outcomes or goals are.

When you are thinking about what your outcomes are you can think about:

• What works well in your life?
• What is important to you and what do you want to do?
• What support do you need to do it?
• What ideas do you have about how to make these things happen?
• How do you keep safe?
• What help do you need to make decisions relating to your life?

You then have a choice of 4 options as to how you would like that support to be provided:

Option 1  Direct Payment - a payment made directly to you, into a bank account, that you manage yourself or with help

Option 2  You choose your provider and direct your own support, with the budget being managed by a third party or the local authority

Option 3  The Council will choose and arrange your support for you.

Option 4  A mix of options 1, 2 and 3 above.

This information is then built into your Support Plan.

For more information about the assessment process and the options, the SDS team has developed a short animation in conjunction with MakeMeAFilm and Albi Taylor (Graphic Facilitator). You can view the animation by going to www.onyourdoorstepfife.org/self-directed-support
DeafBlind Scotland’s aim is to enable deafblind people to live as full and active members of their own communities. It offers a wide range of services including advice about Self-Directed Support (SDS).

Through the SDS Joint Sensory Project (2015-2018) access to information and support for SDS in Scotland for people who are deaf* or blind/partially sighted has been improved.

We achieve this in a number of ways including:

• Recruiting Peer Volunteers who are deaf* or blind/partially sighted to share their experience of Self-Directed Support and living independently.

• Providing awareness sessions and online material so that people have a better understanding of the barriers in society for people who are deaf* or blind/partially sighted and the different ways to remove those barriers.

• Working with local authority staff to ensure that their approach and assessment processes are accessible for people who are deaf* or blind/partially sighted.

• Production of an Accessible Formats Guide to show people how information can be made accessible, and the impact it has for people who need it.

• Recruiting Deaf British Sign Language (BSL) users to play an active role in the production of BSL multimedia.

Alison Marshall one of our Peer Volunteers in Fife, is providing Introductory Deafblind Awareness sessions for Fife Council staff; support organisations; and other funded projects for SDS.

We are also providing sessions hosted by Asif Ali Khan, a Motivational Speaker and Peer Volunteer. He focuses on not letting blindness stop you from doing what you want in life and how “with the right support, at the right time, you can achieve your dreams”.

His co-host is Stuart Beveridge - Accessible Technology Worker from Fife Society for the Blind. Stuart focuses on accessible technology for blind/partially sighted people and how its use can promote independent living.

The ethos of Self-Directed Support is to give people control of their life. By helping our Peer Volunteers to raise awareness of the challenges faced by people who are deaf* or blind/partially sighted it means that some of the barriers that exist in society can be removed and people can be supported in the most appropriate way.

If you would like to know more then please contact us via email: sensorysds@deafaction.org or telephone 01592 200 288

*Deaf includes people who are Deaf British Sign Language users, deafened, deafblind, or acquired deaf.
Sarah calls on Crossroads

Sarah Elsby is a single mum with two children aged eight and three. Both boys have been diagnosed with autism and need her constant attention. Leighton, the younger brother, has no safety awareness and has to be supervised carefully at all times so getting opportunities to do work around the house and get out to attend appointments are very limited.

Sarah had been managing without support for some time when her social worker suggested that she may be eligible for support. Following an assessment Sarah has employed Crossroads a private care provider who provide a Personal Assistant (PA) for three hours a week to provide support to Leighton allowing her the time to do housework and attend appointments.

Sarah says: “I’m so pleased to have had some time to be able to get the boys rooms decorated and they now have a lovely space of their own. I also use the time to take Mason my older son to disabled riding and enjoy time with him on his own. The three hours I have once a week is enough to get to dental appointments and do the many jobs that need done.

Cathy the Personal Assistant (PA) is wonderful with Leighton. She is like a second gran and they have built a great bond between them. She is also like a friend to me, interested in my concerns but always remains very professional.

I feel very comfortable with her and I never worry when I leave the house because Leighton gets really excited when she comes and I know he is in safe hands.”

June Cunningham Coordinator Crossroads Fife Central said: “Crossroads Fife Central was proud to be chosen as an organisation to pilot Self Directed Support Option 2, enabling eligible people to achieve their chosen outcomes. By being able to make this choice, Sarah Elsby was able to choose how and where the budget allocated to Leighton was spent, without having the extra responsibility of handling the funds herself. Leighton enjoys the time he spends with staff and Sarah has enjoyed the flexibility of our service, knowing Leighton is safe, to meet with friends, spend one to one time with her other child and attend a short college course to maintain skills that she can use in her career when Leighton goes to school.

Since 2014 Crossroads Fife Central has supported a number of people through Option 2 and the other Self Directed Support options available. The feedback from those supported has always been very positive and we are happy to be able to assist people to identify the care they need and choose how this is delivered. We are encouraged that this is an evolving part of the service we deliver.”
Lizzy McCartney has five children and although the oldest is now living independently she still has a lot to do. Her hands are especially full with the youngest Marley who is six and has complex needs requiring care 24 hours a day, 7 days a week. Tracy Thomson, a social work assistant in Fife Council’s Children and Families Disability Team has been working with Lizzy to find ways to explore her care options.

With Lizzy’s husband working night shift Lizzy takes on most of the responsibility for Marley’s care. This has a huge impact on the family and until Tracy and Lizzy found a support solution using SDS she managed Marley’s care by herself, surviving on only a few hours of sleep a night.

Lizzy has really appreciated the way that the SDS approach allows her to stay in control and make the decisions that benefit Marley and the rest of the family. She has worked closely with Tracy and together they have built a close relationship going through the assessment process and exploring the possibilities and options together.

Lizzy said: “I can’t fault anything that Tracy has done to help me think about and organise care for Marley. We talked through my options and decided that a personal assistant (PA) would be the best solution. I identified a local girl Jenna to be Marley’s PA and I’m delighted with how good she is with him and the real interest she has in this kind of work. Jenna’s help gives me the time to do simple things like have a cup of tea which I appreciate so much. She comes every morning, helping Marley to wash, dress and get ready for school. I also get the chance to give my other children help and attention.”

Tracy said: “SDS has been a great way to help the whole family and meet Marley’s goals and outcomes. It has allowed us to get on the same page and recognise that Lizzy is the expert when it comes to caring for Marley. I’m very impressed with Jenna’s willingness to take on the role of his PA. She is a committed worker and is also on a training course to learn how she can fulfil all the complex tasks required. Lizzy is teaching her how to work with him and because he can’t communicate verbally, to recognise his moods, likes and dislikes.

It’s great working with the family and being able to help make a difference. We have a real and trusting relationship and although it’s taken time to work out the best solution we hope it will be sustainable into the future.”
The Small Sparks Project was set up as a Self Directed Support initiative to build welcoming communities that support individuals and help prevent social isolation.

The project was launched in East Fife in June 2016, providing grants of up to £250 to local people who have a desire to come together to make new connections, to do something they enjoy and to make a difference in their local community.

9 of the 13 funded projects came together on Saturday 18th March in the Howe of Fife Rugby Club Cupar for a celebration event. There was a real buzz in the room as citizens of all ages shared their stories, experiences and ideas and considered how they might progress their projects in the future.

**Turnip and Lettuce Teach You**
A new community garden developed by the children of Dairsie Primary School with support from St Andrews University and some local residents. The garden will provide a space to grow and learn, to be active, to eat healthily and to socialise together.

**Planting Pictures Together**
A painting competition for children living in Tayport. The winners got to work for the day with an artist to decorate the tool container in Tayport’s Community Garden. *(see picture)*

**Puppy Portraits**
An exhibition aimed at dog walkers in Silverburn Park in Leven to engage them in volunteering opportunities as part of the future regeneration of the park.

**Sensory Garden Story Stones**
An initiative by Abbotsford Care Home in Newburgh. Local people of all ages were asked to get involved by painting a popular Newburgh landmark on a stone. The stones were then used to border the residents’ garden and to encourage conversation and new relationships between older and younger generations living in the town.

Lola Stewart – Tayport’s Dolphin Centre launched a painting competition in partnership with Tayport’s Community Garden.
Healthy Baking
A 6 week class for sharing healthy recipes one evening a week at the community centre. The focus will be on learning how to make healthy treats for all of the family.

Leuchars Station Thrift Shop
Setting up a thrift shop manned by volunteers from Leuchars Station Community Centre, local residents and army families who have recently come to live in the area. It is hoped that the shop will bring everyone together and create employment opportunities in the future.

Monday Club
A newly established group for older residents living in Ladybank to get together, to meet new people, to have fun and to overcome social isolation.

Gateside Seniors Get Together
A festive get together for older residents in the village. Every resident over a certain age were invited along. It is hoped that the event will be a catalyst for new activity groups starting up in the village.

Oor Wellie Garden
Nursery children from Linton Lane Community Centre in Kirkcaldy were provided with funding to bring some colour and fun to their new playpark by planting bulbs in their wellie boots and new raised flower beds.

Come Lunch With Us
A new lunch club for the over 65s at the Paxton Centre in Lundin Links. The group is run by volunteers and hopes to tackle the issue of loneliness and isolation in older people.

West Braes Pittenweem
This group have organised a ceilidh and are targeting people who have recently moved to the area with a view to offering volunteering opportunities in running the crazy golf course and in the rejuvenation of the town’s outdoor pool.

‘Muchty 500
A one day event on 10th June 2017 to celebrate the 500th anniversary of the granting of the Royal Charter by King James V. Town artists will get together to paint a banner which will hang in the square.

Kennoway Mens Shed
Bringing together the skills and knowledge of local people to improve the village by making planters, bird boxes, squirrel boxes and creating opportunities to learn new skills and to “talk about the gid auld days.”
‘On Your Doorstep Fife’, Fife Health and Social Care Partnership’s community website is celebrating its 1st Birthday. The website holds information about care providers, clubs, organisations, groups and activities that are locally available in Fife. It’s aimed at individuals who require care and support, family carers, practitioners, care providers, support workers and health staff as well as members of the public. The website is a useful source of contact details, information and how you can get involved.

So what has been happening over the course of the year?

A year-long awareness raising campaign has been underway with brightly coloured posters being displayed in many GP surgeries, pharmacies and community centres. In many communities the posters are displayed on notice boards, in churches, local offices, schools and other public places. Radio advertising on Kingdom FM to publicise the website has been on an almost daily basis and will continue until June. The training team at NHS Fife are now putting promotional cards in all of their course training packs.

To make the website as relevant and as current as possible, local groups, clubs and organisations are invited to register on the website and keep their own information up to date. Letters have gone out to parent councils in all primary schools in Fife asking them to tell parents about the website and to register their community organisations.

How has the website been performing?

Our analysis of the website usage is showing us that the website has been viewed by 10,000 people since its launch in February 2016. 33% are return visitors and 67% new visitors. The most popular searches on the website are lunch clubs, children’s activities and mental health.

There are 1700 organisations and groups listed on the website and the diversity of the information makes it appealing to people of all ages and interests across Fife. Recently registered organisations include St Ninian’s Toddler Group, East Neuk Frail Elderly Project, Dalgety Bay Badminton Club, Ladybank Monday Club, Markinch Musical Society, Gowrie Care Fife Drama Group, Kelty and District Loving Hands and the RNIB ‘I Can Do’ Children’s Activity Club.

www.onyourdoorstepfife.org
What are people saying?

Michael Kavanagh Sports Development Officer says “On Your Doorstep Fife is an excellent way to find information on sports clubs and physical activity opportunities in your area. We encourage all groups to sign up to the website to promote the fantastic opportunities available for people to be more physically active.”

Vivienne McNiven co-ordinator of the Bums Off Seats Programme says “this site is a great way to find out about walking and walking groups in Fife. It’s so easy to use and we can tell people with confidence that they will find what they are looking for here.”

Hazell Ness Social Worker told us “I spoke with a lady who accessed the website to find activities for her daughter. She identified several activities and said the website was very helpful and she will pass the website address on to her friends.”

How do you register your group or organisation?

Groups and organisations can register themselves on the website simply by clicking on the ‘Register Organisation’ button on the homepage of the website. An update email is sent out twice per year to organisations asking them to update their information. All registration requests are vetted before being approved.

We are keen to hear your experiences of using the website or ideas for further improvements also if you think of other opportunities to market the website please let us know.

You can do this by using the online feedback form at the bottom of the homepage or by emailing
- Alison.Morrison@fife.gov.uk or
- Geraldine.Goldie@fife.gov.uk
When Lindsey moved from Biggar to Fife she left behind a very strong support network of family and friends. This left her in a very difficult position. Without daily personal care and help with her medication her health is very precarious and she faces hospitalisation when it is not managed properly.

Initially she used a private agency to provide care but found they couldn’t meet her needs. After an assessment, she was allocated a homecare service and while this was an improvement, she still found managing her care difficult and her health deteriorated again.

At this point a new social worker came to discuss her options and this was when she first heard about SDS. During her discussions with the social worker she began to see how taking a direct payment (Option 1), managed by an accountant, could give her the flexibility and consistent support she needed.

Because the SDS approach is about more than just providing physical care, Lindsey’s quality of life in the widest sense was also considered. They talked about what Lindsey wanted to do and the life she wanted to live. This was mind boggling for her, not having been able to leave her house for about eighteen months.

Lindsey says: “In the last six months we have moved into a brand new fully accessible bungalow and I have a personal assistant (PA) who comes on the days my husband is at work. The difference this has made to me is truly amazing. I now have a quality of life. I go out, do my own food shopping, pay my own bills and do so many things other people take for granted. It is so important for me to be able to go out, be independent and in control. My support is now centred on my needs. I have the same person caring for me every day and I feel so much more confident and happy. I wish other people could experience the difference that SDS has made to me.”
Fife Carers Centre
New Workshops for Fife’s Unpaid Carers

Are you caring for a family member or friend living with dementia? We know that dementia can be a long and difficult illness for family carers to cope with. These workshops have been put together to give carers information that will help them to cope better with the effects of dementia in someone they are caring for.

**Take a walk in their shoes**
This free to attend workshop will help you understand how dementia might change the way someone’s experiencing the world and how knowing this can help you to cope with the changes you see in them.

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<th>Workshop dates for 2017</th>
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<tr>
<td>Tuesday 16 May</td>
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<tr>
<td>6.30pm – 9.30pm • Dunfermline</td>
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<tr>
<td>Monday 3 July</td>
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<tr>
<td>10am – 1pm • Lundin Links</td>
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<tr>
<td>Saturday 16 September</td>
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<tr>
<td>10am – 1pm • Glenrothes</td>
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<td>Tuesday 14 November</td>
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<td>10am – 1pm • Dunfermline</td>
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**Communicating With Dementia Words And Beyond**
For many people with dementia spoken and written language can become a big problem. When finding words becomes difficult and frustration leads to stressed behaviours for someone living with dementia it’s important to explore other ways you can understand each other and communicate your feelings simply. This informal and useful workshop will help you continue to connect with the person you care for, to help both of you be better able to enjoy your time together and cope with the difficulties dementia brings.

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<th>Workshop dates for 2017</th>
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<tr>
<td>Friday 21 April</td>
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<tr>
<td>10am – 1.15pm • St Andrews</td>
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<td>Thursday 22 June</td>
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<tr>
<td>6.30pm – 9.30pm • Dunfermline</td>
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<tr>
<td>Monday 21 August</td>
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<tr>
<td>10am – 1.15pm • Lundin Links</td>
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<tr>
<td>Saturday 14 October</td>
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<tr>
<td>10am – 1.15pm • Glenrothes</td>
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<tr>
<td>Tuesday 12 December</td>
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**Creating a child to adult transition plan**
Are you caring for a child who has additional support needs?
This information session is intended for carers of children who have additional support needs and are in the 10 to 18 age range. The purpose of the session is to help parents or carers to prepare for their child’s transition to adulthood and will cover topics such as: what is meant by transition, understanding the transition process, choices available to young people, making decisions on behalf of an adult with incapacity, benefits and finance, Self-Directed Support, long term planning for the future.

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<th>Workshop dates for 2017</th>
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<tr>
<td>Tuesday 18th April 2017</td>
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<td>10am – 12.30pm • Dunfermline</td>
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<tr>
<td>Wednesday 17th May 2017</td>
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<td>10am – 12.30pm • Glenrothes</td>
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<td>Thursday 15th June 2017</td>
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<td>10am – 12.30pm • Kirkcaldy</td>
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All of these information sessions are free for carers to attend. To book your place please call Fife Carers Centre on 01592 205472.
We all struggle and have bad days. We’ve all had that moment when we feel that we’re not making a difference. Well here’s a little story from Marlyn Baxter in the SDS team who showed a random act of kindness (RAK) to complete strangers and in return received her own act of kindness.

“I was in a local supermarket in Glenrothes when I overheard a daughter telling her mother about a new community website she had heard about on Kingdom FM. I approached them and told them all about the website. The lady told me that she was 65 and was looking for things to do in her community. I had some On Your Doorstep Fife promotional cards in my handbag and gave her one.

When I reached the checkout the card machine was out of order. Another customer had just withdrawn cash to pay for her own shopping and she offered to pay for mine too as a random act of kindness. I felt uncomfortable accepting money from a complete stranger. As she was paying for my shopping I nipped to the cash machine so that I could reimburse her, but when I got back to the shop she had vanished.”

To find out more about how to become a RAKtivist or to share a personal act of kindness story visit the Random Acts of Kindness Foundation’s website at www.randomactsofkindness.org

Further Information

For information about Self Directed Support in Fife:

- **Online**
  - www.onyourdoorstepfife.org

- **Phone**
  - 03451 55 15 03 (9am to 5pm)

- **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

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