

Self-Directed Support (SDS)

Being given the freedom to choose how you receive your care and support is important, Self-Directed Support can help.

The Self Directed Support Bill (SDS), provides you with more choice and control over how you receive your care and support services.

Self-Directed Support gives you freedom of choice

Self-Directed Support (SDS) allows you to choose how your support is provided, giving you and your family greater flexibility, choice and control over your support.

The SDS Bill defines SDS in terms of four options that councils will have a duty to offer.

Option 1. Direct Payments

- ✓ A payment to allow you to arrange support to meet your agreed support plan outcomes. Carewatch can for example provide home care with dedicated Care Workers.

Option 2. Individual Service Fund

- ✓ Where the council or a chosen provider such as Carewatch will hold the budget but you are in charge of how it's spent.

Option 3. Local Authority 'arranged' support

- ✓ The council arranges support on your behalf to meet your support plan outcomes. Carewatch can also provide this more traditional form of service delivery as well.

Option 4. A combination

- ✓ A combination of the above options can also be used if you feel this provides the best solution.

What can I use Self-Directed Support for?

SDS can be used to arrange the services that the council has assessed you as needing.

Your Self Directed Support can be used in a number of ways, including:

- ✓ Receive help at home for personal care and practical help
- ✓ Support in getting out and about in the community
- ✓ Help with going to college, continue employment or getting a job
- ✓ Keeping up hobbies and interests or local classes
- ✓ Volunteering
- ✓ Mobility equipment and home adaptations
- ✓ Respite care

What do I do next?

It is really important that you receive support in the best way for you. With the four options outlined in the new SDS scheme, one will definitely be right for you.

Contact us

To help you to make the right choice, please feel free to contact us. We will take you through your options, helping you to decide what is best for you. We can help set up your support, ensuring that you get the best out of life.

Visit www.carewatch.co.uk to contact your local team using our branch finder.

Visit www.selfdirectedsupportscotland.org.uk for further information.

To find out more about how we help, please contact us for a chat or to arrange your home care assessment.

 **0800 270 7000**

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