



## What is Self-directed Support?



**This booklet explains all about Self-directed Support**

## What is self-directed support?



The law tells councils how to organise **social care**. Social care is the extra help people need to live independently. It can mean things like getting washed and dressed or getting out and about.



There is a law called the Social Care (Self-directed Support) (Scotland) Act 2013. There are things councils need to do because of this law.



**Self Directed Support**  
My Support My Choice

The law says that people need to have **self-directed support**. Most people call this **SDS** for short.

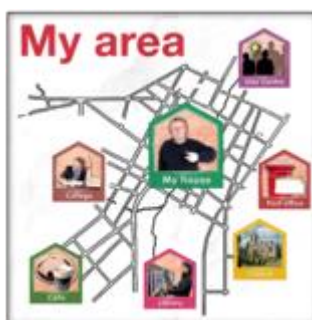
## How do people get social care?



If people need care and support, they usually get in touch with the social work department.



A social worker does an **assessment**. An assessment is a chat and questions to find out what someone can and cannot do.



You and the social worker will think about how you can get the help you need. Some of it might be by doing things near where you live. Some of it might be by getting help from your family or friends.



If you need more care and support, you and the social worker might agree that you need support workers.



Once you and the social worker have agreed about the kind of help you need, this is put in a plan so the council can work out how much money it will all cost.



The money the council will spend on your care is called a **budget**. You can only spend the budget on what is in the plan you made with the social worker.

## How is social care paid for?



The council has to pay for people to have care and support if they need a lot of it.



If you only need a little bit of help or have a lot of money, the council will not pay for your care. This is because you have enough money to pay for it yourself.



The council can ask you to make a **contribution** to your care and support cost. This means you pay some money to the council for your care and they pay the rest.

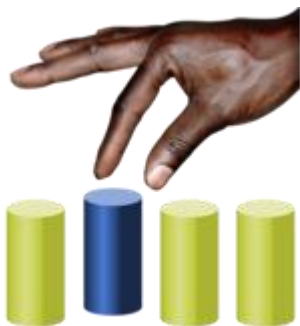
## What does SDS mean for me?



SDS means that you can make more choices about how to spend the money for your care and support.



SDS gives you more control over the money for your care and support if you want it.



There are 4 choices you can make about how to organise your care and support. Each choice is called an **option**.



Option 1 is called a **direct payment**.

The council gives the money to you.



You can buy care from services like

Ark. It is your job to pay Ark the

money it costs for your support.



You can pay for your own support  
worker called a **personal assistant**.

This makes you an **employer**. It

means it is your job to pay them.



You need a different bank account  
just for your care money.



You have to keep receipts to show the council to make sure you only spend your money on your care.



There are other rules about option 1. You can get help to understand the rules if you think you would like to make this choice.



If you have someone like a **welfare guardian** who helps you make choices, they can get the direct payment for you and help you be an employer.



Option 2 sometimes gets called an **indirect payment** or an **individual service fund**.



Option 2 means the council or Ark will manage the care and support money for you.



Whoever is managing your care money makes sure that the bills are paid. They keep receipts to show that the money is only being spent on your care.



You choose which care and support services you want.



Option 3 is the same as what happened before SDS was the law. It means that the council will arrange it all for you.



You can still make some choices about your care and support if you want.



Option 4 is when you have a mix of the other options. So, you might get the council to organise something for you and use the rest of the money to pay for a personal assistant.

## What else do you need to know?



You can get help making the choices about SDS from lots of people. You can get a lot of help to make the choice if you need to.



**Independent advocacy** can help you to understand your choices and tell people about them.



Independent advocacy is usually free.

A **brokerage** service can help you understand your choices.



They can also do all the things about managing your care money for you. Another thing they can do is help you employ your own workers if you choose option 1.



Brokerage services are not free. You will need to pay them money to do those things for you.



You can ask someone you trust to help you organise your support instead of a brokerage service. It could be your family.



You can speak to your staff or their manager about SDS.



There is a worker at Ark whose job is just about SDS. Her name is Nikki.



You can speak to your social worker. They have to help you to understand about SDS and what choices you can make.

## Thank you for reading this booklet

To find out more about SDS



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