

What are the 4 options available with Self Directed Support?

While your plan is being completed you will be given information about your options for Self Directed Support. You can choose one of these Options for your care and support.

There are four options.

Option 1 - You will have a Direct Payment allowing you to arrange your own support package by employing staff directly or through an agency.

Option 2 - You will direct your care and support arrangements and the Local Authority manages the finances.

Option 3 - The Local Authority arrange and manage your care and support taking into account your views.

Option 4 - A mix of options 1 to 3.

Arrangements will be made to monitor and review your plan with you. When your plan is reviewed you will be given another opportunity to consider your options for Self Directed Support.

How do I find out more about Self Directed Support?

If you are an adult or child with care or support needs you may already be involved with a worker in Social Work, Social Care or Health Services. They can give you more advice about care and support services and information about Self Directed Support. If you have care and support needs, and are not already known to services, but would like more advice or support, please contact:

The First Contact Team

01382 434019
(for adults aged 16 and over)

Children's Services

01382 307940
(for children and their families)

Further information about Self Directed Support can be accessed from this link

www.dundee.gov.uk/selfdirectedsupport/



Personalising your social care and support in Dundee

Your Life Your Care Your Support

This information is made available in large print or in an alternative format that meets your needs.	
Chinese	欲知詳情，請致電：01382 435825
Russian	Более подробную информацию можно получить позвонив по телефону: 01382 435825
Urdu	مزید معلومات کے لئے براۓ مہربانی 01382 435825 پر فون کریں۔
Polish	po dalszą informację zadzwoń pod numer 01382 435825
Alternative Formats	For further information please contact the issuer of this publication

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dundee.gov.uk



Giving You More Choice

Dundee City Council recognises that you should be involved in shaping your care and support.

The more say you have over the services you receive, the more chance you will have to live the life you want to live.

We want to work together with you to jointly agree the care and support that is right for you.

Personalisation of social care services is about making services fit around you, enabling you to make decisions and giving you choice and control in the way your care and support is delivered.

One way that we deliver personalised care is through Self Directed Support (SDS).

What could Self Directed Support offer you?

We understand that you are the person best placed to know what you need to improve your life.

Self Directed Support allows you to:

- identify what you need to make your life better
- know in advance how much financial support will be available to you for your support
- decide what type of support you receive and when and how you receive it.

We'll help you to identify what your needs are and discuss the outcomes you want. If you are eligible, we can provide you with financial support for the care and support you most need and prefer. Depending on your financial and other circumstances you may have to make a contribution towards your support costs.

You do not have to arrange and manage your service yourself if you don't want to. If you prefer, the Local Authority can do this for you.

Supporting you to achieve your outcomes.

The first step to getting social care support is having an assessment. Assessment is a way for the Local Authority to understand what social care support you may need and are eligible for.

During an assessment you will be asked to discuss

- What you would like to be able to do
- What you have difficulty doing
- What help you need

As part of your assessment we will look at whether you are able to make decisions yourself, or if someone else needs to help make some of your decisions on your behalf. We work within the Adults with Incapacity (Scotland) Act 2000 to make sure that these decisions are in your best interest.

As part of the assessment you will be asked about any help you get from carers. 'Carer' is a term we use for your friends or family members who give you unpaid care and support.

A Support Plan is also known as a Personal Outcomes Plan for Adults and a Child's Plan for under 16's. Your plan will be developed with the information gathered during your assessment and this can include your Carers ideas and opinions.

Carers will also be offered an assessment of their own which can lead to a Carer Support Plan addressing areas such as managing their caring role and their health and wellbeing.

What is the purpose of a plan?

Your plan looks at a number of questions about your priorities, goals, and lifestyle. The plan will record how you intend to manage your support which in turn will meet your goals. The details of your plan will need to be agreed with your care manager.

Making a plan will help you work out what's important to you and how you can use the financial resource for your care and support needs in the best way for you. Your plan identifies how you want to use your financial resource to meet your needs and whether you want the Local Authority to do this on your behalf. The plan will record how you want your support to be organised.

