

# SELF-DIRECTED SUPPORT (SDS) IN WEST LoTHIAN

## IF YOU OR YOUR FAMILY RECEIVE SOCIAL CARE SERVICES OR SUPPORT, SELF-DIRECTED SUPPORT IS RELEVANT FOR YOU

There is a new law called the Social Care (Self-directed Support) (Scotland) Act 2013 which comes into effect on 1<sup>st</sup> April 2014. This law changes the ways that councils will deliver social care services and support to individuals, families and carers.

### WHAT IS SELF-DIRECTED SUPPORT?

Self-directed Support (SDS) is the term that is used to describe the ways in which social care services and support will be offered to individuals and families.

It means that people will have information about the different ways that services and support can be provided to them so that they can choose the way that is best for them.

SDS aims to help people get the right support for them by giving them more choice and control over how their support needs are met and by whom.

### WHO IS SELF-DIRECTED SUPPORT FOR?

SDS is for anyone who has been assessed as eligible for social care support from the council – this includes adults, older people, children, families and carers.

### HOW WILL SELF-DIRECTED SUPPORT AFFECT ME?

If you think you may need some social care or support, you should contact West Lothian Social Work and ask for an assessment.

### WHAT HAPPENS NEXT?

A worker will come to visit you to discuss your situation and to find out your views of what help you think you may need – this is called an assessment.

If you are assessed by the council as eligible for social care services or support, the council will tell you the amount of money available to meet your needs and outcomes.

### SELF-DIRECTED SUPPORT – CHOOSING YOUR SDS OPTION

If you are eligible for services and support, you will be offered a choice of how you would like your support to be arranged.

There are 4 options for SDS which means that you can choose to have the amount of control over your care and support that feels right for you.

## THE 4 CHOICES ARE:

### **Option 1 – Direct Payment**

The council will decide how much money can be spent on your support and you take this money and arrange your own support.

### **Option 2 – you decide and the council arranges the support**

The council will decide how much money can be spent on your support – you choose how your support is provided and the council arranges this for you

### **Option 3 – the council decides and arranges support having talked to you**

The council will decide how much money can be spent on your support. You ask the council to choose and arrange the support that it thinks is right for you.

### **Option 4 – a mixture of options to arrange your care and support**

Some people may want to have more control over some parts of their care and support than other parts. This option lets you pick the parts you want to decide about and the parts you would like to leave to the council.

### **Care and Support Plan**

Once you have decided how you would like your support to be arranged, your worker will help you to plan how your care and support will be provided.

If you are over 16, this is called your Care and Support Plan or if you are under 16, this is called a Child's Plan.

## WHERE CAN I GET MORE INFORMATION ON SELF-DIRECTED SUPPORT?

You can go to the West Lothian Council SDS webpage at the following link:

[www.westlothian.gov.uk/selfdirectedsupport](http://www.westlothian.gov.uk/selfdirectedsupport)

**You can contact your local Social Work Service:**

Please phone **01506 284848** or email [adultsocialcare@westlothian.gov.uk](mailto:adultsocialcare@westlothian.gov.uk)