

SUPPORT CHOICES

ARE YOU WORRIED ABOUT
HOW TO GET SUPPORT?
WE ARE HERE TO HELP



WHAT IS SUPPORT CHOICES?

Support Choices is a project that helps people living in Perth and Kinross to get the social care and support that they need. The project began in Highland Perthshire.

The project is a partnership between Outside the Box and the Care and Wellbeing Co-op. This complements an initiative based at the Carers' Hub at PKAVS, which is giving family carers more information about how they can use the Self-Directed Support arrangements and get more support for the person they care for. Both projects are funded by the Scottish Government through the Support in the Right Direction programme.





1 WHAT IS SELF-DIRECTED SUPPORT (SDS)?

SELF-DIRECTED SUPPORT IS THE WAY THAT THE COUNCIL PROVIDES CARE AND SUPPORT TO PEOPLE WHO NEED HELP TO LIVE THEIR LIVES IN THE WAY THAT THEY WANT TO.



2 WHO IS SELF-DIRECTED SUPPORT FOR?

IT'S FOR ANY CHILD OR ADULT WHO THE COUNCIL AGREES NEEDS EXTRA SUPPORT WITH EVERYDAY ACTIVITIES.

3 WHAT DOES SELF-DIRECTED SUPPORT MEAN FOR ME?

IT MEANS YOU HAVE MORE CHOICE AND CONTROL OVER HOW YOU ARE SUPPORTED.

WHAT ARE MY CHOICES?

There are 4 CHOICES (OPTIONS) I can choose from.

OPTION 1

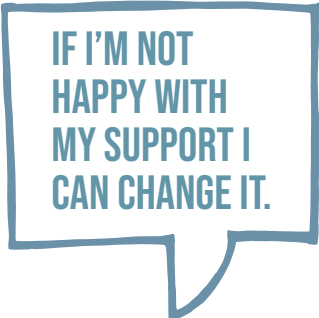
“I GET THE MONEY TO SPEND ON THE SUPPORT I CHOOSE.”

The council gives me the money to arrange and pay for my support. This is called a **DIRECT PAYMENT**. I can employ a **PERSONAL ASSISTANT** or buy services from a **SUPPORT PROVIDER**.

OPTION 2

“I TELL THE COUNCIL WHAT TO SPEND THE MONEY ON.”

I choose how the money is spent. The council or my **SUPPORT PROVIDER** manages the money for me.



**IF I'M NOT
HAPPY WITH
MY SUPPORT I
CAN CHANGE IT.**

OPTION 3

“I LET THE COUNCIL DECIDE HOW TO SPEND THE MONEY.”

I ask the council to choose and arrange the **SUPPORT** that it thinks is right for me. The council manages the money.

OPTION 4

“A MIX OF OPTIONS 1, 2 & 3.”

I choose more than one of the **3 OPTIONS** and decide.

- When I arrange my **SUPPORT**.
- When I choose my **SUPPORT** and have someone else arrange it.
- When the Council chooses and arranges my **SUPPORT**.

HOW DO I GET SELF-DIRECTED SUPPORT

- 1** Contact the council Access Team. Support Choices can help me to do this.
- 2** Meet with a social worker to talk about the **SUPPORT** I need in my life and what is important to me. This is called an **ASSESSMENT**.
- 3** My answers help the **SOCIAL WORKER** to find out if I am eligible for Self-Directed Support and how much money is needed to pay for my **SUPPORT**. This is called my **PACKAGE OF CARE**.
- 4** I may need to pay some money towards my **PACKAGE OF CARE**. The council may pay some of my **PACKAGE OF CARE**.
- 5** I make my **SUPPORT PLAN** with my **SOCIAL WORKER**.
- 6** I tell the **SOCIAL WORKER** which option I choose for my **SUPPORT**.

WHAT IF I DON'T LIKE THE OPTION I CHOOSE?

If you are not happy with your support you can change it. Your social worker can make the changes.

DO YOU WANT TO FIND OUT MORE ABOUT SELF-DIRECTED SUPPORT?

ASK
SUPPORT CHOICES

CONTACT THE
SOCIAL WORK
DEPARTMENT

ASK A FAMILY
MEMBER OR
FRIEND TO HELP

WE CAN HELP BY
EXPLAINING HOW
IT WORKS AND
WHAT'S INVOLVED.



SELF-DIRECTED SUPPORT TELLS COUNCILS TO

- 1** Involve you in the conversations and decisions about your support needs.
- 2** Give you the information and help that you need to choose which self-directed support option is best for you. You can get help from Support Choices.
- 3** Work with you when completing the assessment and support plan.
- 4** Listen to your options, choices and decision. Make it possible for you to use your support to be involved in your local community.

JARGON BUSTERS

SUPPORT CHOICES

SUPPORT CHOICES can help you get and understand the information you need to make decisions.

ASSESSMENT

An **ASSESSMENT** asks questions about you and your situation. It tells the **SOCIAL WORKER** if you need extra **SUPPORT** to live your life.

PERSONAL ASSISTANT

Someone you employ using your **PACKAGE OF CARE**. You can only employ someone using Option 1, a **DIRECT PAYMENT**.

SELF-DIRECTED SUPPORT (SDS)

The legal way in which your council social work department must deliver all the social care and support it provides.

SOCIAL WORKER

A **SOCIAL WORKER** will meet with you to talk about your support needs as part of the assessment process. These **SUPPORT NEEDS** will be written down in your **SUPPORT PLAN**. The **SOCIAL WORKER** will tell you how much money will be needed for your **SUPPORT**.

PACKAGE OF CARE

Money to pay for the **SUPPORT** you need to live your life.

SUPPORT PLAN

Describes how your **PACKAGE OF CARE** will be used to meet your needs.

SUPPORT PROVIDER

An organisation that you can buy **SUPPORT SERVICES** from to help you live your life.

If you would like to find out more about your options and about getting the support, please contact:

SUPPORT CHOICES

Outside the Box
The Old Doctors Surgery
Lagmhor, Dunkeld
Perthshire, PH8 oAD

supportchoices@otbds.org
01350 729130
www.otbds.org

PERTH AND KINROSS SOCIAL WORK

Access Team
0345 3011120

PKAVS SDS SUPPORT FOR CARERS PROJECT

Billy Morrison
Billy.morrison@pkavs.org.uk
01738 567076

