

Self-directed Support Case Studies

From 2016 within Ayrshire



These case studies highlight the ways people in Ayrshire are using SDS to improve their lives.

All stories are anonymised and the images are stock photos to protect privacy.

Self-directed Support Case Study 1

Background

Mary's dad has Dementia and after the loss of her mum, and then unexpectedly her brother, she was determined to keep dad at home.

Her Social Worker suggested Self-directed Support. Mary was worried about all the paperwork and regulations this would involve. However, after receiving free information and advice from AILN, she decided to try it. With the support of AILN she devised a care plan using PA's.

Changes

Since hiring personal assistants Mary's dad has regained both his confidence, and his independence. He attends Country and Western nights on a Saturday, attends day centres during the week and has such a strong relationship with his PA that he goes with her when she does voluntary work, and helps out too!

Mary says, "SDS has meant I can return to my normal work hours, this is improving my family's quality of life and I'm completely confident that dad is happy, socialising and being cared for properly".



Self-directed Support Case Study 2

Background

Fraser has muscular dystrophy and uses a wheelchair. His parents cared for him on their own without any extended family support. Through Self-directed Support the family have hired personal assistants.

Changes

This has changed Fraser's life giving him security and an independence that has allowed him to have experiences that would not have been possible before.

Through a centre he attends, he met Paul, a peer who has the same condition and is also in receipt of SDS funding. The boys asked to combine their resources and have a weekend away - parent free! Each took a PA meaning 2 PA's available for assisting with moving. The boys had a fantastic weekend away in Amsterdam, without SDS this would not have been possible.

Fraser can now enjoy socialising like everyone else, going out to cafes as he has his PA to assist him.

Fraser's mum says there will still always be good and bad days, but SDS has transformed their lives and they are over the moon with the outcomes for Fraser.



Self-directed Support Case Study 3

Background

Alison's son has real difficulties interacting with his peers and accessing community activities with his level of autism. Through his Self-directed Support funding, mum Alison was able to get him a puppy.

Changes

Initially when the puppy was at the nipping stage, Iain was unsure, but gradually he and the puppy have become great friends.

When Iain uses his computer, the dog lies under the desk and he rubs his feet in the dog's hair which is very calming and therapeutic for him. When Iain has an episode, the dog always stays nearby and watches over him.

The dog has been for training and Alison now takes it to collect Iain from school, he is able to take the lead and walk the dog home.

Alison says it's been the best thing they've done. Iain has a new friend and as an additional benefit, she's getting more exercise.



Self-directed Support Case Study 4

Background

Amy's son is in his 20's and has additional support needs as a result of autism. Through Self-directed Support funding they now have a well-rounded and inclusive package for day-to-day living and improving Ben's social skills.

Changes

Ben was able to choose his own Personal Assistants to suit his needs. Through his SDS he now has a gym membership for fitness, and he's attending guitar lessons. His PA's now assist him with both of these activities.

As a result of Self-directed Support Ben has been able to live a more fulfilling, active and healthy lifestyle.



Self-directed Support Case Study 5

Background

Prior to receiving support / Self-directed Support, Fiona had a very limited quality of life. Unable to dress herself properly she attended meetings locally with no socks or shoes on, hoping there would be someone there to help her with it when she arrived. After a stay in hospital she was assessed and given Self-directed Support.

Changes

Fiona feels her life has resumed and it no longer feels fruitless. Her house is tidy, she can cook proper meals again and she has simple daily choices others take for granted that allow her to feel like a human being again.

She is able to have support when it best suits her needs: to shower, dress and just live life. She has a comfortable wheelchair and her carer can move her feet as often as she needs it.



Self-directed Support Case Study 6

Background

Alana initially employed a Personal Assistant using Self-directed Support to help her attend college. After college she took independent advice from us to help her get the most out of her funding.

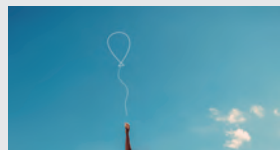
Changes

Alana's PA is now able to drive her car and this means she has a whole new level of freedom and is able to get out and socialise.

"I'm now able to go shopping for food and clothes, I can have nights in with friends, I can go to the cinema, concerts and even football matches.

SDS has meant I am less reliant on my parents and more independent. It's a huge help that anything I do is now in my own time, and on my own terms, there are no time limits any more.

SDS has opened so many doors for me, allowing me to become more independent and giving me so much more confidence".



We would like to thank everyone who has given us permission to share their stories with you :)