



# What is Self-directed Support?



Ayrshire Independent  
Living Network

I'm sure you'll agree that everyone likes to be in control of their own lives. The Scottish Government introduced a new act to help with this. It's called the Social Care (Self-directed Support) Scotland Act 2013. SDS for short.

Someone who's needing social care now has more choice and control over how they get it. They can choose what support they need and how they receive it. They can have as much or as little control as they want, as long as it meets their agreed health and social care outcomes.

## Who Can Get Self-directed Support?

People who are eligible for support for their health and/or social care. This can be children, adults, elderly, anyone who needs a social care service.

The care and support has always been there, it's just that people can now choose how they'd like to receive that care and support, in a way that suits their lives.

The local authority must tell everyone about the free information and advice services that are available across the country to help people with this.

AILN are one of the organisations that provide this free service all across Ayrshire.



## So what are my choices?

- 1 You take a direct payment and buy and arrange the support you want
- 2 The council holds the budget, but you are in charge of how it is spent and can choose the care company
- 3 The council choose and arrange a service they think is best for you
- 4 A mix of all these things



## Tell me how Self-directed Support helps me then?

Many people benefit from the choice and control SDS offers.

They can have support staff visit at a time they choose, and much prefer the consistency of having their own regular personal assistant. They enjoy the flexibility of using their budget to get services that meet their needs more creatively than the services provided by the local authority.

Option 1 of Self-directed Support is not for everyone and some people are quite happy receiving services on Option 3, that are arranged by the local authority on their behalf.

# How do I get assessed for SDS?

You will be asked what you feel is important to you to help you live as independently as possible. These are sometimes known as outcomes. This might be done through a self-evaluation questionnaire or a supported self-assessment.

You will have a chat with your local authority social work team about which way you'd like to get your care/support. You'll also talk about whether you want any help with this. You'll then get arrangements in place to manage any paperwork, either alone or with help.

Free information, help and advice is available in every local authority to assist you. In Ayrshire, AILN (Ayrshire Independent Living Network) provide this service free of charge and support anyone who is taking their budget directly. AILN is there to help you every step of the way.



**01294 475685**

**[www.ailn.org](http://www.ailn.org)**

You can also find us on FB,  
Twitter and Youtube

## Can I get help to decide which one suits me?

Your family can be involved in your support plan and can attend meetings with you. People can get free support to help make their choices from local organisations. Organisations like AILN, advocacy or brokerage provide this service free of charge.

They can assist with a range of things such as helping you understand SDS, giving you information about becoming an employer and on what paperwork you need.

If you are still unsure, they can put you in touch with peer support volunteers, people just like you, who already have SDS. That way you can speak to people who have done it already and hear what it was like.

## Can someone else receive or manage the payment for me?

Yes they can. Guardians/power of attorney or adults over 16 and other trusts and organisations at council discretion can manage the payment for you.

There are various payroll services who can help you with managing your budget and you can get a list of all those available in your area. AILN have a payroll service where you can choose how much or how little you want to be involved. Most services will do everything for you if you prefer. Remember someone still has to have overall responsibility and be in touch with the payroll company.

# You can find more information about what we do on our website

Introduction Board Staff Downloads

## About Us

**AILN are proud to be a peer-led board and to see first-hand how the work we do positively affects the lives of people who use our services.**

Because our management board have personal experience of Self-directed Support (SDS), support services or have worked or volunteered in similar settings, we know how difficult and daunting it is to get the information you need about SDS.


AILN initially grew from a group of disabled people who wanted to see a change in the way that community care services were offered to people. When direct payments were first introduced in 2003 they were keen to promote this as an option for independent living.

AILN have been providing high quality SDS advice and information to the people of Ayrshire for over a decade.

Since 2005 the three Ayrshire councils have jointly funded the SDS support & information service.

AILN is a peer-led, not-for-profit company limited by guarantee with charitable status.

Remember, it can be a lot to take in at first, so don't worry, we're just a call away on **01294 475 685** if you prefer a chat




**Latest News**

### New online Referral Form

We now have an online referral form accessible directly from our website's home page. We did a lot of research and have moved over to a more efficient system for our requirements. The fo [...]

**Local Stories**

View some short videos from people on how they started using SDS and what it has been like for them.



**Meet our team**

Meet the people behind the AILN service...

**SDS Documents**

View and download our helpful documents...

**Contact Us**

We are just a call away or email us if you prefer...

Introduction SDS Options Document Downloads

## Self-directed Support Service

**Self-directed Support (SDS) has been introduced to give you more choice and flexibility in how you can get the support you need.**

There are 4 different ways to do this and they are called 'SDS Options'. Once Health & Social Care have advised you about the assistance you can have, we're just a call away for free information, advice and support about SDS.

When you get in touch, our experienced SDS advisors will firstly want to find out what is important to you, or the person you're caring for. This will let us give you one-to-one support to start you thinking about what option you want.

We can assist you to employ your own personal assistant/s by letting you know about safe recruiting by supporting you through every step you need to know about being a good employer. Remember we have helped lots of people in Ayrshire to employ their own personal assistants so you can speak to someone just like you who wanted to take this option. Once you're happy with your choice, it means you can begin to get on with the things you really want to be doing!

If you prefer to have agency support we can assist you with this and help you check their Care Inspectorate reports.

[View SDS options video](#)

[A Simple Guide to SDS Support](#)



Evelyn



Jennifer



Stephenie



Victoria

# Visit our YouTube channel to see and hear people talking about how Self-directed Support has worked for them



To help me do whatever I want to do, wherever I want to go.

My Independence With Self-Directed Support - Gayle's Story



My Independence With Self-Directed Support - James' Story

45 Views

Aprilia Independent Living Network

Published on 26 Sep 2017

We join James and the South Ayrshire Tigers as they train for Powerchair football.

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EDIT VIDEO



Self-directed Support working for my family.

18 Views

Aprilia Independent Living Network  
Published on 25 Sep 2017

Like Dislike Share More

EDIT VIDEO

I think I would like more control over my care.  
I already have a service in place so what happens?

SDS is flexible and anyone can change options if they feel their current one isn't working. During any changeover the original one would remain in place until the new one starts.



### Can I use SDS for free personal care?

Yes if you are over 65 and wish to use SDS to buy personal care services at home you will not be asked to pay part of the cost of these services.

This Self-directed Support leaflet has been created for the Hope Project by AILN. You can call us on 01294 475685 or visit our offices in Princes Street, Ardrossan for further information.

Call us on **01294 475685**

Or visit **[www.ailn.org](http://www.ailn.org)**



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