

What people say about the support they've had from us:

"Without the support of AILN, taking SDS wouldn't have been so easy or stress free. Without this I wouldn't be able to live independently in my own home"

"It was a very easy, friendly 1st contact with AILN, and it has been ever since"

"It's important to know that AILN are only a phone call away when I need help or information"

"They take so much pressure off you, you would not believe! It's a fabulous organisation and I'm highly delighted with it"

'Just a call away for SDS advice in Ayrshire since 2001'



01294 475685

mail@ailn.org

www.ailn.org

AILN, The Michael Lynch Centre, 71 Princes St, Ardrossan, KA22 8DG

This leaflet is available in other languages and formats on request.



Ayrshire Independent
Living Network

**We are your local Information
& Advice service in Ayrshire for
Self-directed Support (SDS)**

*"Remember, we're here to help you
along the whole SDS journey"*



Scottish Charity No 385567 Company No SC030092

Who are we?

We are a peer-led organisation run by people who either get support or have experience of caring for someone. We want to assist others through their own Self-directed Support (SDS) journey.

We have been providing services to people in Ayrshire who prefer to manage their own support since 2001.

We are funded by the Ayrshire councils, to provide free, impartial information and advice about SDS

What is Self-directed Support?

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

There are 4 different ways to do this and they are called 'SDS Options'.

- 1 You choose to take Direct Payments to buy and arrange the support you want
- 2 You ask the council to arrange the support you pick and the money is managed through an Individual Service Fund (ISF)
- 3 The council pick and arrange the support they think is best for you
- 4 A mix of the other 3 options

What we do for you

Once Health & Social Care has 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 the one-to-one support to start you thinking about what option you want.



We can assist you to employ your own personal assistant/s. We will let you know about safe recruitment by supporting you through every step you need to know about being a good employer. Or, if you prefer to have agency support, we can assist you with this and help you check their Care Inspectorate reports.

Remember we have helped lots of people in Ayrshire to employ their own PAs, so you can speak to someone just like you who is now getting SDS.

Once you're happy with your choice it means you can get on with the things you really want to be doing!