

Future Visions:

A guide to Self Directed Support for young disabled people and their parents and carers

GDA

16

choice

Control

Socialising

Freedom

Dignity

relationships

Rights

SDS: A roadmap to choice, control and fulfilling potential

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I enjoy going out more and not having to rely on my family to take me. I have made lots of new friends and have more confidence.





GDA Future Visions

This information booklet has been produced by **Future Visions**, a project developed by **Glasgow Disability Alliance (GDA)**. We worked with young disabled people, their parents, carers and teachers to write this book.

Future Visions supports young disabled people to develop the skills and confidence to have more choice and control in their life. We do this by providing information, advice, learning, peer support and opportunities to develop self-advocacy.

Getting the right support from GDA means young disabled people are better equipped to access independent living opportunities and fulfill their true potential.

Independent Living is about having **choice, control, freedom and dignity**. It is not about “putting on your own socks” or “making your own dinner” or doing everything for yourself and by yourself. Independent Living is about having the right support, at the right time, delivered in the right way for you. Self Directed Support is one way to help you achieve Independent Living.



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What is so good about Self Directed Support? **(SDS)**

The idea of Self Directed Support is simple. It is all about giving you control, choice and flexibility over the support you need.



Control: over how and when your needs are met.



Choice: over who supports you and how and when this support is provided.

Self Directed Support in a nutshell means, **‘doing it your way’**, not the way dictated by Social Work Services or anyone else. **You** know best the type of support **you** need and **you** know best how that support should be delivered.

This is why the Scottish Government have now introduced the Social Care (Self-Directed Support) (Scotland) Act 2013, because you are the best person to say what is right for you.



Self Directed Support is where you arrange some or all of your support instead of receiving services from your local authority Social Work Services. Self Directed Support gives you genuine control over the day to day support that you need.

It's great having more options now rather than having to take just what's on offer.

Self Directed Support can be used to provide support in your home or to provide the practical support you need to go out to work, education or to take part in leisure activities. You can choose to buy support from a care agency or voluntary organisation or you can employ a personal assistant. You will have much more choice and control over sorting out the help you need as you can choose who they are, what they do and when.

Your social worker will agree your **Individual Budget**. This is the money that will pay for your support. If you are under 16 years your parents, carers or Social Work Services will look after your money on your behalf. If you are 16 years or over The Social Care (Self Directed Support) (Scotland) Act 2013 gives you the right to choose one or more of these **4 Options for your Individual Budget**:

- 1 Direct Payment:** you fully choose, arrange and manage your support. You are allowed to have help and support to do this if you need it.
- 2 Individual Service Fund (ISF):** you choose your support provider from a list supplied by your social worker. Your social worker will arrange the support and organise all the payments.
- 3 Social Worker decides and makes arrangements:** your social worker will decide who provides your support, arranges all the support and organise all the payments. You have little choice, control and responsibility with option 3.
- 4 A mixture of all of the above.** You can choose and arrange some of the support you need while your social worker chooses and arranges other parts of your support package.

SDS has been brilliant for me. It's like I got my life back!

How do I get Self Directed Support? (SDS)

1st Stop

1st Stop: Getting the Professional to join the journey

The journey towards Self Directed Support begins with Social Services. This is the first step. You need to have a Social Worker to start you on your journey to

SDS. The Social Worker's role is to provide support and enable you to live more successfully in your community.

See page 11 for where to get help with finding a social worker and navigating through your SDS journey.



Your Social Worker is the most important part of SDS. They will work with you during the SDS process and beyond. If you are over 16 and leaving school you will be assessed by an Adult Services Social Worker. When you are still at school, children's services will support you.

2nd Stop

2nd Stop: The Assessment Process

The Future Visions project supported me to develop my goals, which helped me fill in the SNA.

If you are over 16, your Social Worker will give you a form called a 'Support Needs Assessment' (SNA). The SNA asks all about your needs. If you are under 16 your form will be different, but it will also ask about your needs.



You can give your Support Needs Assessment (SNA) to Social Work Services in writing, by email, or as an audio recording – whatever way suits you best. It is important that you get a copy of the final version of your SNA. Make sure all your needs are recorded.

The SNA form asks questions about:

Personal circumstances: Do you live by yourself and what support do you receive from family or friends?

Physical and Mental Health: Do you have health problems? Do you take medication?

Physical and sensory impairments: Give details of your impairment or disability and how this affects you.

Mobility: Do you need help with going out and about?



- **Communication Support:** Do you need someone to help you read your post, write letters, or translate for you?
- **Support:** Do you need help with washing, dressing, eating meals and so on? Or support when it comes to shopping, cooking and cleaning?
- **Socialising and leisure:** Do you need help to take part in sports or social events?
- **Managing your money:** Do you need help with reading bank statements or visiting the bank?
- **Emotional wellbeing:** Do you feel down or anxious about your situation? Do you need help with things like taking part in a support group or speaking to a counsellor?

After your SNA is returned, you will be told what your estimated **Individual Budget** will be for your **Support Plan**. The Resource Allocation Screening Group will then agree the actual amount of money you will be given to arrange your support. This will be your **Individual Budget** of Self Directed Support.



It is very important to give as much information as possible when completing the SNA. Social Work Services will use your SNA to make decisions about how much money you may get to buy services.

- *Take all the time you need to make sure you do not miss anything important.*
- *You can get help from an advocate, family member, friend or support organisation if you need it.*
- *The Future Visions project can assist you to find someone to help you with the SNA – see page 11.*

3rd Stop

3rd Stop: The Support Plan

Your Social Worker will work with you to agree your **Support Plan**. This support plan is a statement of your needs and highlights what is most important for you and what you hope to achieve. Your support plan also records your own personal **outcomes**, or goals. Your Social Worker should give you a copy of your **Support Plan**.

Your support plan will include things like:

- What is most important to you.
- What you want to do with your Individual Budget.
- How you will benefit.
- How you will use the 4 Options to arrange your support.
- Who will supply your support: personal assistants or agency.
- How much your support will cost.
- Who will support you to manage your Individual Budget and Support Plan.



What can I use Self Directed Support for?



Here are some of the activities you can think about when planning your support:

- **Learning** – your support could enable you to continue learning new skills or study courses of your choice.
- **Employment** – your support could allow you to explore employment or training opportunities.
- **Citizenship** – your support could allow you to take an active role in your local community.
- **Social Life** – your support could enable you to do the things you enjoy.
- **Personal Support** – what practical help do you need to get out and about or to plan going out and about?

Where do I go from here?

How GDA can help you

GDA can help you build confidence, learn more about Self Directed Support and help you prepare to apply for SDS.

We can offer things like:

- Opportunities to meet other young disabled people and share experiences.
- Free and accessible learning to build your skills, confidence and self-esteem.
- Information and support for parents, carers and workers who support young disabled people.

You can contact us in lots of ways:

- Phone: **0141 556 7103**
- Text: **07909 160 788**
- Email: **admin@gdaonline.co.uk**
- Website: **www.gdaonline.co.uk**
- Twitter: **@GDA__online**

You can write to us at:

Freepost Plus RSHJ – SXCX - UCXZ
Glasgow Disability Alliance
(No need for a stamp)

Glasgow Centre for Inclusive Living (GCIL)

GCIL can offer assistance with the SDS process. They have advisers who can help you to complete social work forms, assist you to find a suitable support provider, provide training about being an employer and much more.

You can contact GCIL yourself by calling 0141 550 4455, or e-mailing info@gcil.org.uk. You can find out more at www.gcil.org.uk.



We hope you will get in touch and look forward to hearing from you!

GDA firmly believes that disability is caused by the barriers that people with impairments meet in everyday life.

This belief is central to everything that we do.

Future Visions has shown me that with the right support, life can be amazing!

GDA

Glasgow Disability Alliance

Equality, Rights and Social Justice

GDA is a vibrant disabled people's organisation with over 3000 Members. Our mission is to act as the collective representative voice of disabled people promoting equality rights and social justice.

We deliver free and accessible learning, events, groupwork and individual support which raises aspirations and self-belief, develops skills, confidence, and increases choice and control.

GDA supports disabled people to participate and contribute to their own lives, families, communities and wider society and become more visible across all aspects of life in Glasgow, Scotland and beyond.

GDA works with disabled people of all ages and with any type of impairment.

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