



# Self-Directed Support: Making a difference and changing lives

SASW Conference: Wednesday 29<sup>th</sup> November 2023  
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## Aims of the workshop:

- Increase SDS knowledge and awareness
- Update on SDS Implementation and SDS Standards
- Examples of how SDS can change lives
- Exploring what would help you in your role
- Signposting to support

# Key concepts of Independent Living:

- ▶ Choice
- ▶ Control
- ▶ Freedom
- ▶ Equality (same rights as everyone else)



- ▶ The Independent Living Movement started in the 1970's with the idea that people with disabilities had the right to be included and involved in decision making that affected them.
- ▶ The expression "Nothing About Us Without Us" was one of the slogans adopted and the movements spread around the world.

# Independent Living and SDS



- ▶ Delivering **Independent Living** as defined in Scotland:

*‘Independent living means people of all ages having the same freedom, choice, dignity and control as other citizens at home, at work, and in the community. It does not mean living by yourself, or fending for yourself. It means **having rights to practical assistance and support to participate in society and live an ordinary life.**’*

- ▶ ‘Self-directed Support is for everyone in Scotland who needs social care services or support. This includes children, adults and unpaid carers.’ Statutory Guidance (p.1)

# SDS - key Legal Duties



Certain legal duties to be aware of:

- ▶ Duty to have regard to the 4 underlying SDS statutory principles: **Involvement, Informed Choice** and **collaboration** as part of the assessment process and the provision of support and to facilitate the person's **dignity and participation** in the life of the community
- ▶ Duty to **offer four options** to the supported person
- ▶ Duty to explain the **nature and effect of the four options** and to signpost to other sources of information and additional support
- ▶ **Signpost** to other forms of support (eg Independent SDS ISOs, Advocacy, Brokerage)

Unpaid Carers:

- ▶ To offer an **Adult Carers Support Plan & Young Carers Statement** to any carer identified
- ▶ Unpaid Carers must be given the opportunity to choose one of the options for Self-directed Support when eligible (Carers Scotland Act 2016)

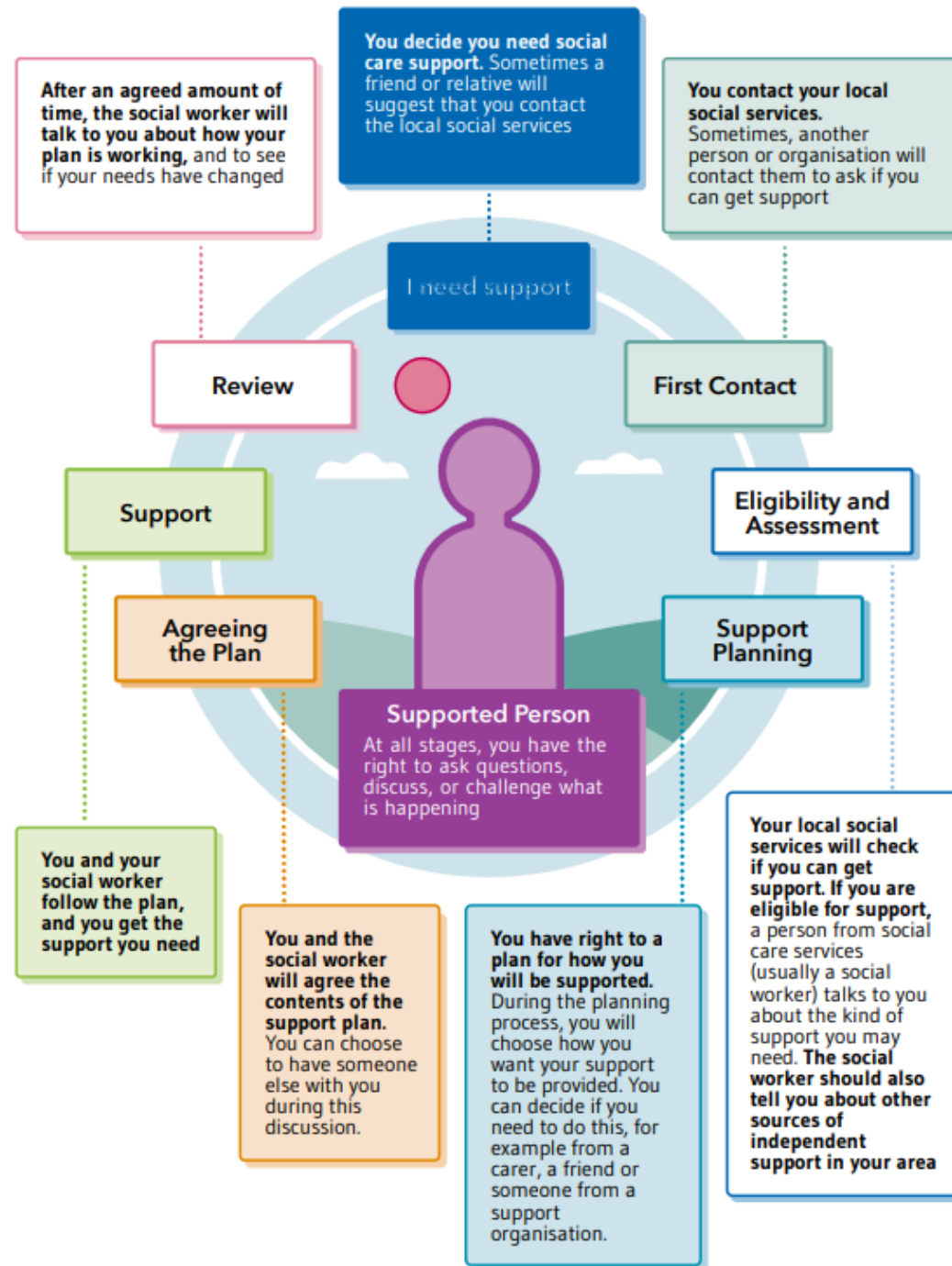
# SDS Options: Making it Easy

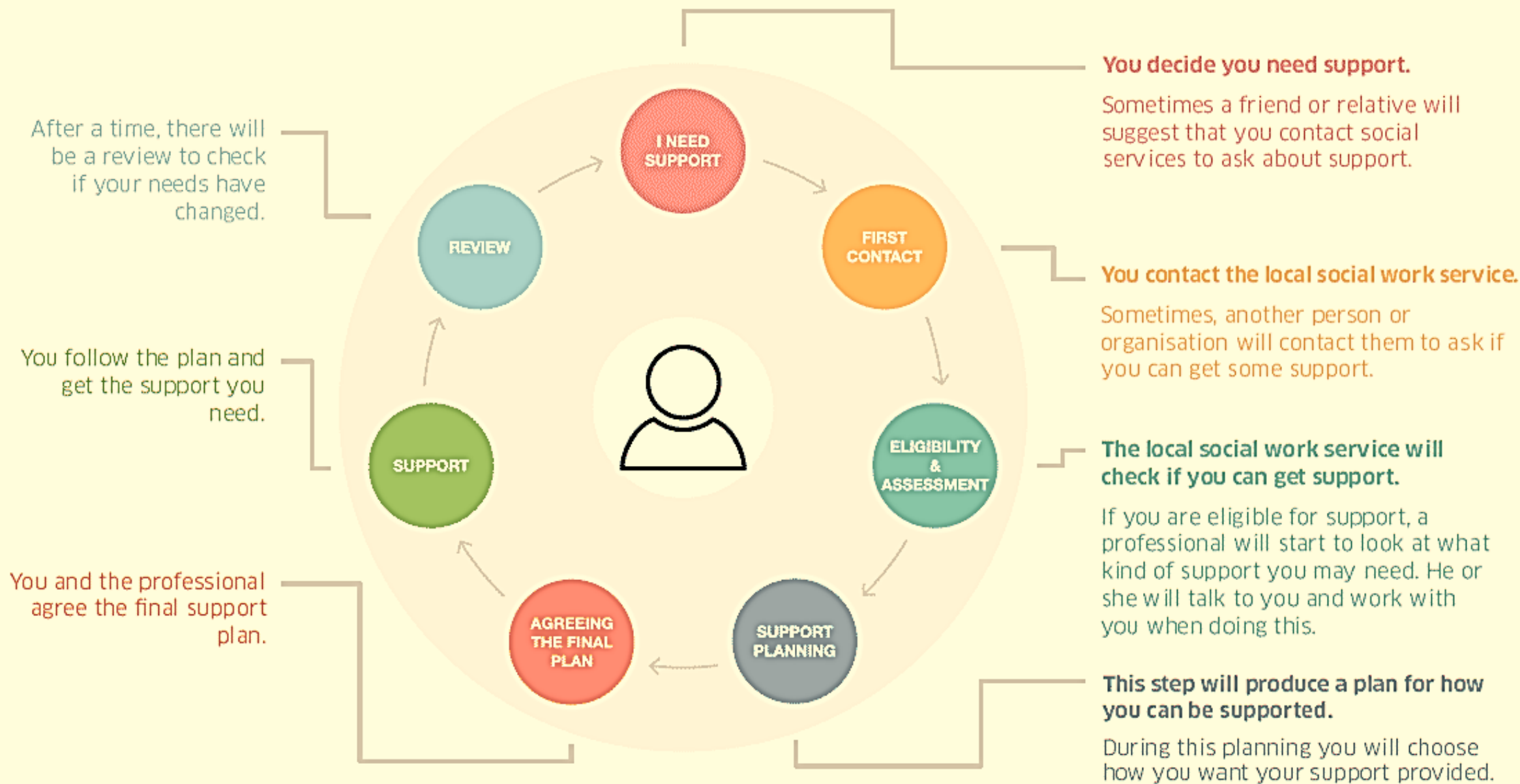
It may be helpful to explain, in an unbiased way, the features of each option

## The Four SDS Options

SDS Options	Level of responsibility
<p><b>Option 1</b> The supported person receives a direct payment</p>	<p>The supported person arranges their own support using a budget provided by the authority. The budget can be used to employ staff and/or goods and services.</p> <p>This option gives the supported person the most responsibility, which may include employer responsibilities.</p>
<p><b>Option 2</b> The supported person decides on the support they want, and support is arranged on their behalf</p>	<p>The supported person uses the budget provided by the authority to choose goods and services and then the support is arranged on their behalf.</p> <p>This can be arranged by the local authority or a third party (such as a support provider) managing the money on behalf of the supported person.</p> <p>The supported person directs the support but does not have to manage the money.</p>
<p><b>Option 3</b> After discussion with the supported person, the local authority decides and arranges support</p>	<p>The supported person asks the local authority to choose and arrange the support that it thinks is right for them.</p> <p>The supported person is not responsible for arranging support, and has less direct choice and control over how support is arranged.</p>
<p><b>Option 4</b> The supported person uses a mixture of ways to arrange their care and support</p>	<p>The supported person picks the parts they want to have direct control over and what parts they want to leave to the local authority.</p>

# Supported person's (& Carer's) pathway







# Sarah's experience



# SDS Practitioner Toolkit

- ▶ Toolkit to help workers get quick and easy access to SDS information and guidance.
- ▶ Currently in development, due to be published and shared soon
- ▶ Contact [sds.team@socialworkscotland.org](mailto:sds.team@socialworkscotland.org) to be notified of publication



# Creating a Direct Payment Agreement for employing Personal Assistants

- ▶ Direct Payment agreement is about increasing Social Worker confidence of Option one and Direct Payments
- ▶ Keen to gather views and experiences from front line Social Workers to help influence the development of a Direct Payment Agreement.
- ▶ Flexible approach to learning
- ▶ Contact [sds.team@socialworkscotland.org](mailto:sds.team@socialworkscotland.org) if you are interested in sharing your experience.

# Self-Directed Support Standards - Review

- ▶ SDS Standards were published in 2021
- ▶ Developed co-productively with a wide range of stakeholder
- ▶ Implementation and practice Standards for Local Authorities
- ▶ Standards are currently being reviewed, revised Standards to be completed by March 2024
- ▶ <https://www.gov.scot/publications/self-directed-support-framework-standards-including-practice-statements-core-components/>

## Discussion

- ▶ What would help you in your role to deliver Self-Directed Support?

# Continuing the conversation:

- ▶ Ideas to stay in touch
- ▶ Sarah Anderson, BASW and SASW council member, Experts by Experience member

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