Self-directed Support
Dundee & Angus
FAIR CAIRD HALL
Saturday
2 MAY
10.00am - 4.00pm FREE

Find out about the exciting new approach to social care, self-directed support and meet a whole range of service providers.

Find out more at: www.sdsgdundeeandangus.org.uk or call us on 01382 200422

Before receiving self-directed support, I was being put to bed at 7.30pm, now that I’m in control I am going out at 7.30pm
What is SDS?
Self-directed support (SDS) is the new approach to supporting individuals, and their carers, who are eligible to access social care support services. It offers individuals choice, control and flexibility over the support they receive and how it is provided to them, by choosing one of the following 4 options.

Option 1
“I get the money to spend on support I choose.”

Option 2
“I let the local authority or an organisation I choose hold the money but I tell them how to spend the money.”

Option 3
“I let the local authority decide how to spend the money”

Option 4
“A mix of options 1, 2 and 3”

Your life, your choice.

Real people, real stories.

Keith
As parents we were determined that our son would lead as independent a life as possible and he has been able to do this through directing his own support. He played for several years in a local darts team and he attends church every Sunday as well as a variety of social activities, all with support from his personal assistants.

Mandy
Using self-directed support gave me back my life and a lot more independence.

Self-directed Support is about “putting power, control and responsibility back where it belongs, with the individual, while providing a safety net for those who wish to remain with local authority services.”

(Baird, 2012)

Greg
As Greg has grown and developed, directing our own support has allowed us to be flexible with what support is needed and at what times. Initially the role was about supporting Greg as a 19 year old, taking him to the pub, the cinema and going to play pool. Although these things remain important to him, as Greg has matured, it has been important to have support workers who can also assist with teaching him cooking and cleaning skills and supporting him in the workplace. Directing our own support has allowed this flexibility.

Alan
I feel that we are very lucky to have a system like this here in Scotland as it does allow people like me to take more control of our own lives and enjoy it as much as possible.