

Self Directed Support



Factsheet 2

Self Directed Support Options

If, after an assessment, you are eligible for support, you can choose the best way(s) for this to be arranged. In Scotland, these are called the Self Directed Support Options.

Option 1 - Direct Payment

A Direct Payment is a payment, paid into a separate bank account, for you to buy the support, equipment or services which would enable you to meet your outcomes. Two main ways you might use a Direct Payment are:

- a) **To arrange support staff from a care agency.** You decide and agree with an agency of your choice when and how your support will be provided. You agree with the agency the cost(s) of services and use the money from the Direct Payment to pay that agency for the service(s) they provide.
- b) **To employ your own staff to support you.** You choose to become an employer of your support staff. You can receive help to arrange this, including help to advertise, interview and select suitable staff and then to become their employer.

You will be required (and can receive support) to: provide your employees with terms and conditions; to pay their wages; to obtain insurances and to plan cover in the event of staff illness and/or holidays.

You should make sure your employees are the right people to support you. Disclosure Scotland has a Protecting Vulnerable Groups Scheme to help you with this.

You can receive as much support as you need to manage your Direct Payment.

Self Directed Support Forth Valley is a local independent support organisation that can help manage your Direct Payment, arrange support from a care agency or help you to employ your own staff.

Self Directed Support Forth Valley can be contacted on 01324 508794 or email: info@sdsforthvalley.co.uk

SPAEN provide independent advice about Self Directed Support. SPAEN can be contacted on 0845 601 1156 or email: info@spaen.co.uk





Option 2 - Individual Budget, directing the available support

This gives you choices and control around directing which support provider you want and how you want to be supported.

With this option you can ask us to hold your budget for Social Care support. You instruct us how you wish to spend this. Alternatively you can ask that your budget is transferred to an agency (for example a care provider) and instruct that agency how you wish to spend the money to achieve your outcomes.

Option 3 - Arranged Service

At your request we will take responsibility for organising support on your behalf. You must still be consulted about how best to arrange this and also your preference on who will provide it.

Option 4 - Combined Support

You can use any combination of the three options detailed above. For example, you may wish to employ a personal assistant to help you get to a social event, **Option 1**. You may also request us to organise a provider to help you with your personal care, **Option 3**.

How much money will be available to meet my outcomes?

If you are eligible to receive Social Care support, the information from your assessment helps us calculate an "estimated budget" to help you achieve your outcomes.

If you can achieve your outcomes using less money, your final budget will be less than your estimated budget.

What if I don't agree with the estimated budget?

The estimated budget will be accurate in most cases. You should aim to build your support plan with that amount of money. However your final budget will not be confirmed until your support plan is decided and approved, so there is still time for adjustment.

What if I want to spend more than my budget?

You can purchase any additional support, equipment or services. The budget which is provided is sufficient to meet your assessed outcomes. However, in the event that you choose to purchase additional support, equipment or services then you will be expected to pay for this from your own income.

Get in touch

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