

Self Directed Support



Factsheet 3

Making a Support Plan

When your assessment is complete and you have decided your needs and personal outcomes, you can develop your Support Plan.

Everyone's plan will be different. You can be creative and use sources of support that work for you, provided they meet the needs and outcomes set out in your assessment.

Your "estimated" budget is to help you think of all the different ways you might arrange your support and meet those outcomes.

Writing your Support Plan

Your family, friends, worker or anyone else who supports you can help you to write your plan. The plan will state the outcomes you want. Things to consider include:

- What is important to you and your outcomes
- What you would like to change
- How will you arrange your support
- How will you spend your money
- How you will manage your support (including a plan if things do not work out)
- How you will stay in control of your life
- What you will do next and when

What kind of supports can I choose?

An important part of your plan is being able to choose what best helps you live your life the way you want to. Your plan might include some "traditional" services (e.g. help to get washed and dressed in the morning) and some services that are freely available to all people in the community (e.g. attendance at a gym or at a club of your interest).

You will find information about activities in your area/community in local directories.





Who agrees your plan?

Once you have made your plan, it must be agreed by Social Services. It will be checked to see if it meets your outcomes and

- Uses the money sensibly and within the law
- Is clear about how you will manage your support
- Does not go over your Estimated Budget

If your plan is agreed you can move straight to setting up your support and making the plan work for you. You may choose to fund the purchase of additional support, equipment or services from your own income.

What if my Support Plan is not agreed?

Your worker will contact you to explain the reasons why your support plan has not been agreed. For example, reasons might be your plan:

- Puts you and/or others at an unacceptable level of risk
- Goes significantly over your Estimated Budget
- Requires more detail

If this happens your worker will assist you to make some changes to make your plan work.

My plan is agreed – what happens next?

Once your plan is agreed, we will write to you and confirm your actual budget. This will be the amount available to you to pay for the support you have chosen. Your plan can now start.

Get in touch

If you or your representative would like more information, please contact:

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8-10 Corn Exchange Road
Stirling
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Phone: 01786 233759 Monday – Friday during office hours