

Self Directed Support



Factsheet 4

Living your life and making sure it all works

Your assessment is complete, you have chosen the best way to arrange your support, your support plan is agreed and you now know your actual budget. Your Support Plan has now started.

What happens next? Firstly, you live your life the way you intended. Secondly, you (and others you are in contact with) keep checking that things are working the way you want them to.

Living your life

Self Directed Support is about living your life your way including to:

- Feel safe
- Have a nice place to live
- Have friends and relationships
- Have a job or something to do in the day
- Be part of your community

What happens if I manage my own budget?

You will need to show that you can meet your outcomes using your actual budget. To do this you need to:

- Keep receipts and invoices
- Send us information on how you spend your Actual budget.
- Be aware of what you can and can't purchase using your Actual budget – see our leaflet on Spending your Personal Budget
- Discuss with your worker if you wish to spend your Actual budget on services/items not in your Support Plan.

Monitoring of services and financial arrangements will often be more frequent in the early stages of managing your own budget. Once we are satisfied that your arrangements are working and your records are in order, the monitoring is likely to be less frequent.





How do I make sure it all works?

Even if everything is going well, a worker will contact you regularly to make sure you are safe and happy with your support. We do this by carrying out a review.

What is a Review?

- Ensuring your Support Plan is helping you achieve the outcomes and goals you agreed and if not, how this can be fixed
- Finding out whether your outcomes or circumstances have changed
- Making sure you are healthy and safe
- Checking your budget is still being used for the purpose for which it was provided.

What sort of things should I think about before the review?

This review is about you and your life, so try to take some time beforehand to ask yourself how things are going. Here are some questions to think about:

- Have I been able to change the things I was unhappy with?
- Have I been able to do the things I wanted to do?
- Do I feel in control of my life?
- What kind of support am I using?
- What is working and what is not?

Can I involve anyone else in the review?

You could ask a family member, friend, your carer, an advocate or a support provider to help you prepare for the review, and help you think about how you would answer the kinds of questions listed above.

What happens after the review?

After the review, you should have a good idea of what's going well and what isn't going so well in your plan. You will also have agreed whether or not you want to make any changes, and if so, who will make that change and when.

If your outcomes change between reviews, you can contact us and ask for an early review.

Get in touch

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

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