



## **WEST LoTHIAN SELF-DIRECTED SUPPORT NEWSLETTER**

**JUNE 2016**

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### **SELF-DIRECTED SUPPORT (SDS) WEEK**

**13 – 17 JUNE 2016**

#### **What is Self-directed Support?**

Self-directed Support – also known as SDS – allows people who are eligible for support from the council, their carers and families to make informed choices about what their support looks like and how it is delivered.

The idea is that people will get the right support for them by having more involvement, choice and control over the decisions which affect them and that this will lead to improved health and wellbeing.

This process starts with a conversation...

#### **Let's Blether!**

National SDS Week 2016 is called 'SDS Blether Week' – the aim is to promote and grow understanding of SDS and the value of good conversations.

You can join in on Twitter and have your say using #SDSblether

#### **Self-directed Support in West Lothian**

Have you talked to the council about support in your daily life and have they completed an assessment with you?

Did the council tell you that you are eligible for support?

Then SDS means:

- You can get help and information about the choices you have
- You can choose how your support is provided
- You can know what your support budget is
- You can have the support that works best for you
- You can be a respected and equal partner in your own care and support planning

## SDS Week – West Lothian

Look out for more on SDS via the council's Facebook page and Twitter account

Information on SDS and what it might mean for you or someone you know is also available online – [www.westlothian.gov.uk/selfdirectedsupport](http://www.westlothian.gov.uk/selfdirectedsupport)

## Children's Services and SDS – West Lothian

Within Children's Services, the Child Disability Service has implemented SDS and now offers the SDS options to disabled children and their parents/carers who are assessed as eligible for support. For those already receiving support the SDS options are offered, where appropriate, as part of the review process.

As part of the implementation, the Child Disability Service started using a Funding Framework (resource allocation model) in May 2015 to decide the amount of funding needed to provide support. This is known as the Indicative / Agreed Budget. A review of the SDS process and the use of the Funding Framework will take place in the next few months and children, parents and carers will be asked for their views.

A range of SDS options are being chosen by children and their parents/carers and currently these choices are spread evenly across all 4 options. Some families continue to prefer to receive support offered and organised by the council, e.g. a sitting service, activity breaks, respite group, etc., whilst others are beginning to choose (via SDS Option 2) other registered providers and alternative ways of meeting their outcomes. Some examples of these alternative ways include: childminding, out of school care, animal therapy, music therapy and other short break providers.

We are continuing to gradually implement SDS across wider Children's Services providing children and families with small budgets to support them to meet their outcomes. Activities are taking place to increase the level of involvement across all areas and a review of this will take place at the end of the financial year.



## SDS in West Lothian

Could SDS work for you? Here are some local examples to help you decide.

Mrs. A. lives locally with her husband and children. Mrs. A. experiences extreme pain due to her physical condition. As a result of this pain she is not independently mobile or able to participate in regular social activities and the pain also affects her mood and general wellbeing.

It is particularly important to Mrs. A. to be in control of the food and meal preparation for herself and her family to ensure that it is in accordance with their culture but due to her pain she finds this very difficult.

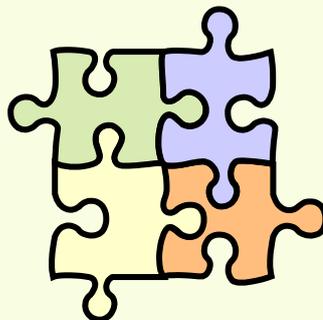
In the past, Mrs. A. tried a care service but this did not work very well for her.

After a review and being advised of her support budget, Mrs. A. was able to identify an agency herself that will support her to go shopping and whose staff will prepare meals following her instructions – this gives Mrs. A. the control and involvement in cooking for her family and contributing to family life that she wishes.

Mrs. A. has found that acupuncture and massage can assist in relieving her pain and she asked to use some of her support budget to pay for sessions when she felt able – these sessions have improved both her pain symptoms and her general wellbeing and Mrs. A. feels that this contact also helps her to feel less isolated.

This more flexible and personalised support has not only helped Mrs. A but her family as well – there is less pressure on her husband and main carer to also shop and prepare meals after work and the improvement in Mrs. A.'s mood has reduced her family's concerns.

Mrs. A. chose SDS Option 4 – a mixture of options  
(A mix of Option 1 for the sessions and Option 2 for the care agency)

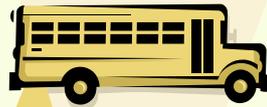


**Mr. C. used to have regular stays in a care home to support him in managing his mental health but this type of group living did not really meet his needs. This could result in some visits being cut short or other issues arising which had to be addressed.**

**After a review and being advised of his support budget, Mr. C. uses it to tailor his breaks to meet his needs more appropriately – in addition, he has the flexibility to use it when he feels he would most benefit rather than when a service has availability. Mr. C. has used different types of break at different times depending on what he felt he could manage and what would best support him with the management of his mental health.**

**Mr. C. was initially nervous about going away on his own but he has mastered this concern, is able to plan the use of his budget more effectively and has become more proactive in managing his own mental health.**

**Mr. C. chose SDS Option 1 – a Direct Payment**



**B. is a primary school pupil with multiple disabilities living with his sibling in a single parent family with some support from extended family.**

**B. has complex needs resulting in a much disrupted sleep pattern which has a huge impact on the rest of the family. B. appears to manage quite well without much sleep but his parent is often exhausted which affects the energy they need to take B. out in the community and to enable B. to make use of local resources.**

**The family has used their support budget to arrange overnight respite in a different resource to that used by the council and which they found themselves – the council pays for this on their behalf under SDS Option 2.**

**The family has also chosen to receive the remainder of their support budget as a Direct Payment – SDS Option 1 – and to use it to employ a PA (personal assistant) to support B. to access local community activities for a few hours a week.**

**This has been of great benefit to the whole family – B. is feeling more confident, becoming more independent and has increased social opportunities whilst his parents and sibling are able to have a break from caring and the opportunity to participate in community activities they would not otherwise have been able to.**

**B.'s family chose SDS Option 4 – a mixture of options**

## **SDS in West Lothian**

### **Question: What is an Individual Service Fund (ISF)?**

You may have heard people talking about Individual Service Funds (or ISF) as well as about Individual Budgets and Option 2 budgets. All these names can be a bit confusing, especially when different people or organisations can mean different things when they use these names.

**SDS Option 2: directing the available support, is the option that lets you choose how your support is provided and then to ask the council to arrange this for you.**

Here in West Lothian when we are looking at SDS Option 2 with you, this is what we mean we will do. We will:

- Let you know, based on our conversation about your support needs and what matters to you, how much money can be spent on your support. We call this your Indicative or Estimated Budget.
- Work with you to develop your Care and Support Plan or Child's Plan and then, when you have decided how you would like your support to be provided, we will arrange this support for you. We call the actual cost of your Plan, your Agreed or Actual Budget.
- Manage all the arrangements and payments linked to providing your support in the way you have asked us to. This process can be referred to as 'brokerage'. We call this Support Planning if we are doing it on your behalf.

However, SDS Option 2 also allows for an organisation other than the council to undertake care and support planning and relevant arrangements on someone's behalf. This would mean that the council would agree with you to give some, or all, of your estimated budget to another organisation to manage. The other organisation would keep the money in an account in your name and work with you to plan your support and would then make all the arrangements for you. We call the planning that the other organisation does with you Support Brokerage and we call the money that goes to the other organisation to manage for you an Individual Service Fund.

## **West Lothian – ISF Pilot**

There are already many people in West Lothian who have chosen SDS: Option 2 and who are directing their own support and then asking the council to make the necessary arrangements on their behalf. The support people have asked us to arrange ranges from support at home to activities, from equipment to short breaks and from college to community participation – as long as the things you choose to meet your eligible support needs are legal, safe and are relevant to the things identified in your Care and Support Plan, we want to agree.

Even so, although people are using SDS: Option 2, we know that some people may also want to consider planning their support with another organisation and asking for an Individual Service Fund (ISF) to do this.

West Lothian has, therefore, started a small pilot with a voluntary organisation to look at developing arrangements to offer Individual Service Funds.

We will report back on this over the next few months.

## USEFUL NUMBERS & LINKS

### SOCIAL WORK SERVICES

**ADULT SERVICES:** 01506 282252

**OLDER PEOPLE SERVICES:**  
01506 776700

**CHILDREN'S SERVICES:**

- **BATHGATE:** 01506 776700
- **BROXBURN:** 01506 775666
- **LIVINGSTON:** 01506 282252

**CHILD DISABILITY SERVICE:**  
01506 284712

**WEST LOTHIAN COUNCIL: SDS WEBPAGE**

[www.westlothian.gov.uk/selfdirectedsupport](http://www.westlothian.gov.uk/selfdirectedsupport)

**SELF-DIRECTED SUPPORT IN SCOTLAND (SDSS)**

[www.selfdirectedsupportscotland.org.uk](http://www.selfdirectedsupportscotland.org.uk)

**SCOTTISH GOVERNMENT: SDS WEBPAGE**

<http://www.scotland.gov.uk/Topics/Health/Support-Social-Care/Support/Self-Directed-Support>

**SDS NATIONAL GUIDELINES**

<http://guidance.selfdirectedsupportscotland.org.uk/index.html>