

# SUPPORT CHOICES

ARE YOU WORRIED ABOUT  
HOW TO GET SUPPORT?  
WE ARE HERE TO HELP



## WHAT IS SUPPORT CHOICES?

Support Choices is a registered Scottish Charitable Incorporated Organisation (SC050618) which began as a project in Highland Perthshire in 2019 and compliments an initiative based at the Carers' Hub at PKAVS which is giving family carers more information about how they can use the Self-Directed Support arrangements and get more support for the person they care for.

Since becoming a registered charity in 2020, the Support Choices team have expanded the service to support people across the whole of Perth and Kinross.

We offer a free independent information, advice and support service which helps people through the process of accessing social care and community support. We are independent of all other services and support people one to one by finding out what is important to them or the person they are caring for.

Our aim is to ensure people have the information they need about what is available to them so that they can make informed choices about their care and support. Our service is not time limited and we can help at any stage of someone's journey and people can come back to us at any point.

## WHAT IS SELF-DIRECTED SUPPORT (SDS)?

Self-directed support is the way that the council provides care and support to people who need help to live their lives in the way that they want to.

## WHO IS SELF-DIRECTED SUPPORT FOR?

It's for any child or adult who the council agrees needs extra support with everyday activities.

## WHAT DOES SELF-DIRECTED SUPPORT MEAN FOR ME?

It means you have more choice and control over how you are supported.

## WHAT ARE MY CHOICES?

There are 4 CHOICES (OPTIONS) I can choose from.

### OPTION 1

“I GET THE MONEY TO SPEND ON THE SUPPORT I CHOOSE.”

The council gives me the money to arrange and pay for my support. This is called a **DIRECT PAYMENT**.

I can employ a **PERSONAL ASSISTANT** or buy services from a **SUPPORT PROVIDER**.

### OPTION 2

“I TELL THE COUNCIL WHAT TO SPEND THE MONEY ON.”

I choose how the money is spent. The council or my **SUPPORT PROVIDER** manages the money for me.

### OPTION 3

“I LET THE COUNCIL DECIDE HOW TO SPEND THE MONEY.”

I ask the council to choose and arrange the **SUPPORT** that it thinks is right for me. The council manages the money.

### OPTION 4

“A MIX OF OPTIONS 1, 2 & 3.”

I choose more than one of the 3 **OPTIONS** and decide.

- When I arrange my **SUPPORT**.
- When I choose my **SUPPORT** and have someone else arrange it.
- When the Council chooses and arranges my **SUPPORT**.

“IF I’M NOT HAPPY WITH MY SUPPORT I CAN CHANGE IT”

## HOW DO I GET SELF-DIRECTED SUPPORT?

1. Contact the council Access Team. Support Choices can help me to do this.
2. Meet with a social worker to talk about the **SUPPORT** I need in my life and what is important to me. This is called an **ASSESSMENT**.
3. My answers help the **SOCIAL WORKER** to find out if I am eligible for Self-Directed Support and how much money is needed to pay for my **SUPPORT**. This is called my **PACKAGE OF CARE**.
4. I may need to pay some money towards my **PACKAGE OF CARE**. The council may pay some of my **PACKAGE OF CARE**.
5. I make my **SUPPORT PLAN** with my **SOCIAL WORKER**.
6. I tell the **SOCIAL WORKER** which option I choose **for my SUPPORT**.

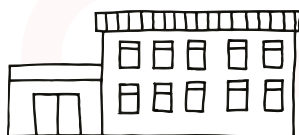
### WHAT IF I DON’T LIKE THE OPTION I CHOOSE?

If you are not happy with your support you can change it. Your social worker can make the changes.

# DO YOU WANT TO FIND OUT MORE ABOUT SELF-DIRECTED SUPPORT?

ASK  
**SUPPORT CHOICES**

CONTACT THE  
**SOCIAL WORK DEPARTMENT**



ASK A  
**FAMILY MEMBER OR FRIEND TO HELP**



WE CAN HELP BY EXPLAINING HOW IT WORKS AND WHAT'S INVOLVED.

## SELF-DIRECTED SUPPORT TELLS COUNCILS TO

1. Involve you in the conversations and decisions about your support needs.
2. Give you the information and help that you need to choose which self-directed support option is best for you. You can get help from Support Choices.
3. Work with you when completing the assessment and support plan.
4. Listen to your options, choices and decisions. Make it possible for you to use your support to be involved in your local community.

## JARGON BUSTERS

### SUPPORT CHOICES

SUPPORT CHOICES can help you get, and understand, the information you need to make decisions.

### ASSESSMENT

An **ASSESSMENT** asks questions about you and your situation. It tells the **SOCIAL WORKER** if you need extra **SUPPORT** to live your life.

### PERSONAL ASSISTANT

Someone you employ using your **PACKAGE OF CARE**. You can only employ someone using Option 1, a **DIRECT PAYMENT**.

### SELF-DIRECTED SUPPORT (SDS)

The legal way in which your council social work department must deliver all the social care and support it provides.

### SOCIAL WORKER

A **SOCIAL WORKER** will meet with you to talk about your support needs as part of the assessment process.

These **SUPPORT NEEDS** will be written down in your **SUPPORT PLAN**.

The **SOCIAL WORKER** will tell you how much money will be needed for your **SUPPORT**.

### PACKAGE OF CARE

Money to pay for the **SUPPORT** you need to live your life.

### SUPPORT PLAN

Describes how your **PACKAGE OF CARE** will be used to meet your needs.

### SUPPORT PROVIDER

An organisation that you can buy **SUPPORT SERVICES** from to help you live your life.

At Support Choices, we prioritise safety while providing our services, and we strive to accommodate the communication preferences of those we work with.

This includes offering options such as in-person meetings, phone conversations, or video calls.

If you would like to find out more about your options and about getting support, please contact:

## **SUPPORT CHOICES**

The Old Doctors Surgery  
Lagmhor, Dunkeld  
Perthshire, PH8 0AD

info@supportchoices.co.uk  
01350 729130  
www.supportchoices.co.uk

## **PERTH AND KINROSS SOCIAL WORK**

Access Team  
0345 3011120

## **PKAVS SDS SUPPORT FOR CARERS PROJECT**

Justin Boyes  
justin.boyes@pkavs.org.uk  
01738 576076



Scottish Government  
Riaghaltas na h-Alba  
gov.scot



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