

SELF-DIRECTED SUPPORT OPTIONS

The council decides how much money it will provide. You can decide how you wish to spend it on the agreed support. There are four different options...

OPTION 1

The council gives you the money to arrange and pay for your support. This is called a direct payment. You can employ a personal assistant or buy services from a support provider.

OPTION 2

You choose how the money is spent. The council or your support provider manages the money for you.

OPTION 3

You ask the council to choose and arrange the support that it thinks is right for you. The council manages the money.

OPTION 4

You can choose more than one of the three options.

GET IN TOUCH

The Support Choices team are based in Dunkeld at:

The Old Doctors' Surgery
Lagmhor
Dunkeld
Perthshire
PH8 0AD

t: 01350 729130

e: info@supportchoices.co.uk

w: www.supportchoices.co.uk

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.



Scottish Government
Riaghaltas na h-Alba
gov.scot



SC050618



Free independent information and advice about Self-directed Support in Perth and Kinross

Who we are

Support Choices is a project funded by the Scottish Government through the Support in the Right Direction Programme to give you free independent information and advice about Self-directed Support in Perth and Kinross.

What is Self-Directed Support?

The idea of Self-directed Support is simple. It's all about giving you control, choice and flexibility over the support that you need. It is the way that the council provides care and support to people who need help to live their lives.

Who is Self-Directed Support for?

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

" Talking to Support Choices has helped me to get the support that I need "

How we can help

We offer a free independent service, helping you through the process of getting the support you need. We aim to ensure you have what you need to make informed choices and are independent of all other services (Social Work, NHS, Support Providers etc). We can help at any stage of your Self-directed Support journey.

We can also help you with getting involved in peer support if this is something that interests you.



Offering support and guidance through your Self-directed Support journey.

- Requesting an assessment
- Identifying outcomes that suit you
- Letting you know what to expect and letting you prepare
- Explaining the 4 options of Self-directed Support
- Providing information through leaflets and resources
- Helping you come up with ideas about creative ways to use your Individual Budget
- Understanding the process of employing your own personal assistant
- What to do if you're not happy with the assessment
- Signposting to relevant organisations
- Opportunities to become involved with peer support