

SUPPORT CHOICES

ACCESSING SOCIAL CARE AND SUPPORT



SUPPORT CHOICES TIPS & TRICKS

This booklet has been created to assist with any questions or worries you have when embarking on the process of applying for social care and support in Perth and Kinross.

Self-directed Support (**SDS**) is an approach to social care that puts the person at the centre of the support planning process. It enables people, carers and families to make informed choices about their social care support and how it is delivered.

The Social Care (Self-directed Support) (Scotland) Act 2013 ensures that when discharging their duty to support people in need, local authorities do so in a way which offers the person choice, control and flexibility to determine how they wish to receive support.

It means that anyone (adult or child) being assessed for care and support via the local authority must be offered more choice about how they receive support.



AM I ELIGIBLE FOR SELF-DIRECTED SUPPORT (SDS)?

Eligibility criteria is set by the Housing and Community Care Team at Perth and Kinross Council. This criteria is based on the national eligibility criteria set by the Scottish Government.

The Access Team carry out an assessment using the different levels of risk as set out in their eligibility criteria. These risk levels are critical, substantial, moderate and low. This also indicates a person's priority level for care services.

A financial assessment is also carried out which includes a Welfare Officer ensuring you are receiving all of the benefits you are entitled to. The financial assessment determines how much if anything you have to contribute towards your care package.

PREPPING FOR THE ASSESSMENT

What support do I need in my life and what is important to me

Think about what a good day looks like in your shoes and what is a bad day? What do you struggle with and what impact does this have on your/your family?

If it is hard to remember how things are at home, write a diary including details about your day-to-day life.

Can you ask friends or family members to help you work out what is hard at the moment?

What do you do already and what can't you do/ don't feel comfortable doing?



SELF-DIRECTED SUPPORT OPTIONS

If you are assessed as being eligible for self-directed support, the council decides how much money you will receive. You then have four options to consider when deciding how to use this.

OPTION 1

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

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

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

OPTION 2

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

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

OPTION 3

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

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

OPTION 4

“A MIX OF OPTIONS 1, 2 & 3.”

You choose more than one of the 3 **OPTIONS**.

Support Choices can help you with this process and if choosing Option 1, we can help with the process of advertising for a **PERSONAL ASSISTANT**.





SUPPORT THROUGH THE PROCESS

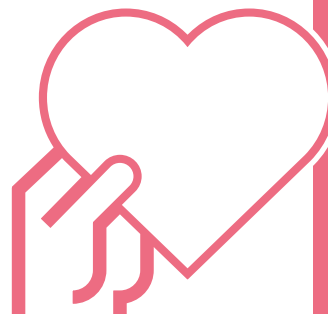
Although the idea of Self-Directed Support is to give you more control over your care, the process can feel stressful and confusing. Here are some tips on sharing the load if you are feeling overwhelmed or want help through the process.

Contact Support Choices. We can provide practical support or simply lend an ear

Speak to family and friends about the fact that you are organising your support and that you may require help or emotional support

Ask someone to attend your assessment or any other appointments with you

Ask for the support you feel you need from the professionals involved in your care



There are also a number of online resources which have helpful suggestions on how to manage the impact of stress and overwhelm:

clearyourhead.scot | www.samh.org.uk/find-help
www.mind.org.uk | www.ageuk.org.uk/scotland/
www.samaritans.org/?nation=scotland

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
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