

## SDS Options

The local authority decides how much money it will provide and you can decide how you wish to spend it on the **agreed** support.

### Option 1

This is money paid to you through a direct payment. You make the arrangements for the support yourself by employing a Personal Assistant or engaging the support of your chosen care provider. We invest time in guiding you through the process of becoming an employer.

### Option 2

Commonly known as an Individual Service Fund. You choose your preferred care provider and you can either; arrange support yourself or ask the Local Authority to pay the bills or the Local Authority can help arrange support with you.

### Option 3

You pass all of the decision making on to your local authority and they make the arrangements for you.

### Option 4

You decide on a combination of the above options. This allows you the flexibility of controlling the elements you want to decide and leaving the rest to the Local Authority.



**The Dundas Resource Centre**  
Oxgang Road  
Grangemouth  
FK3 9EF

**T: 01324 508794**

**w: [www.sdsforthvalley.co.uk](http://www.sdsforthvalley.co.uk)**

**e: [info@sdsforthvalley.co.uk](mailto:info@sdsforthvalley.co.uk)**

#### Office Hours:

We provide a service from 9.00am to 5.00pm  
Monday to Friday

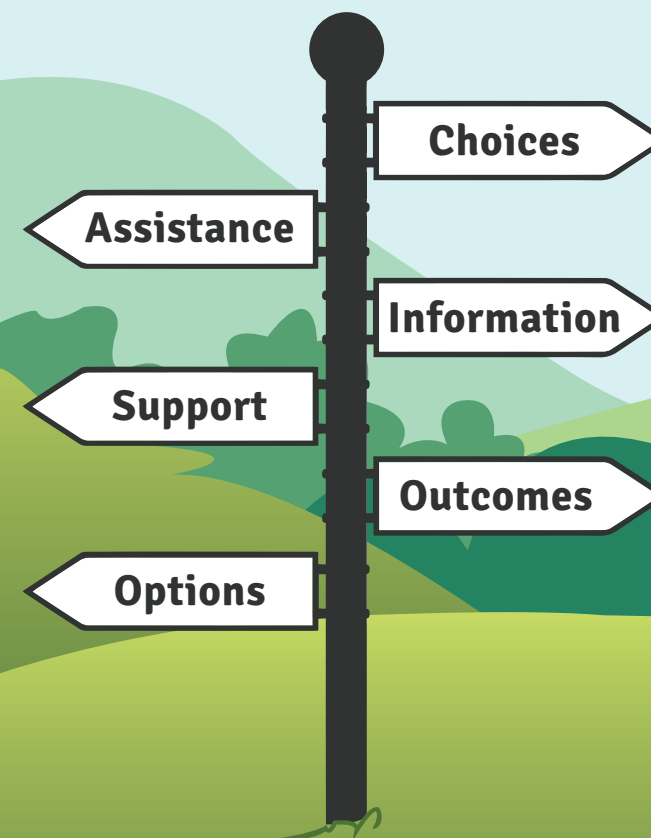
### Your Voice

**Becoming a member is free, enabling you to have a stronger and more influential voice.**

Independent Living Association is a member of Self Directed Support Scotland (SDSS). SDSS promotes Independent Living by supporting, working with and championing the aims of Self Directed Support Organisations (SDSO's)



**Self Directed Support**  
ILA Forth Valley



**Offering Involvement  
And Guidance Around  
Personalisation**

Registered Company Number: SC293303  
Registered Charity Number: SC028378



## Independent Living Association

### About us

The Independent Living Association is a user-influenced voluntary organisation whose Board manage Self-Directed Support Forth Valley. They provide guidance and support in the Forth Valley area to:

- Individuals
- carers
- families
- children



We are an independent charity funded by Scottish Government, Falkirk, Stirling and Clackmannanshire Councils.

We offer a free independent service for people across the Forth Valley community to individuals and Health and Social Care organisations.

### Our Aims

To support people to exercise choice and control over their support to achieve their chosen outcomes.

To assist and develop greater independence, interdependence, sustained and improved health and wellbeing.

## Self Directed Support Forth Valley

### How the service works

Predominately, the service receives referrals from our Health and Social Care partners for people who have gone through a community care assessment process and have been assessed as having eligible support needs.

However you do not need to wait to be referred to benefit from our service.

Our role is to:

- Guide people through the options available for the delivery of the support using a transparent and impartial partnership approach, ensuring you have what you need to make informed choices
- Offer support in a timely way that alleviates the anxiety of having to take in a lot of information at a time perhaps when you feel most vulnerable.
- Provide principled independent support support that is:

Local to you ■ Trusted ■ Holistic  
Flexible ■ Responsive ■ Involving



## Self Directed Support Forth Valley

### Offering support and guidance from beginning to end

- Preparation for and during assessments and reviews
- Outcomes support planning while managing expectations
- The 4 options of Self-Directed Support
- Responsibilities of becoming an employer and maintaining relationships
- Understanding the rights, principles and right practice of Self-Directed Support
- Materials & resource packs
- Work with you to improve confidence to take part in difficult conversations
- Peer support and learning opportunities
- Signposting to relevant organisations
- Working through Transitions

