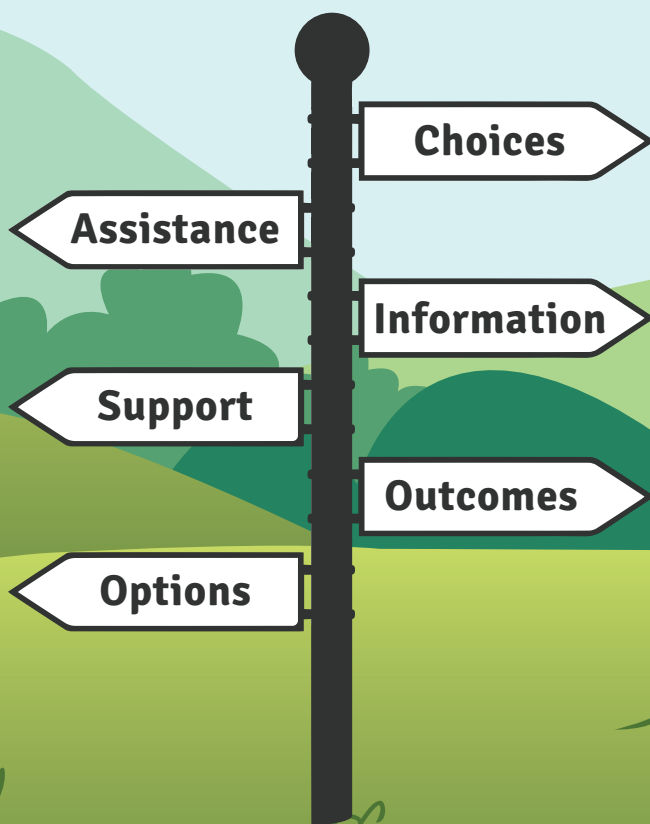




Self Directed Support

ILA Forth Valley



**Offering Involvement
And Guidance Around
Personalisation**

Independent Living Association

The Independent Living Association was established in 1998 and the associations objectives are to;

- To work with disabled people, their dependants and carers living within Falkirk, Stirling and Clackmannanshire and promote their Independent Living with a human rights-based approach, regardless of their protected characteristics.
- Partner the Local Statutory Authorities, Health and Social Care / Voluntary Organisations and people in a common effort to advance education and knowledge of Independent Living and Self-Directed Support.
- Provide or assist in the provision of activities and facilities in the interest of local people so that conditions of living may be improved.

The ILA fund and manage the project Self Directed Support Forth Valley

The ILA provides an information café on the first Thursday of the month in the Sensory Centre in Camelon between 12.30 and 2.00 pm. A programme of speakers and activities is being produced to be rolled out over the coming months. Everyone is welcome to come along and join in the discussion.



Self Directed Support Forth Valley

We are a user influenced Support Organisation based in Grangemouth providing support to individuals, carers, families and children in the Forth Valley area. We are currently funded by, though independent of, Falkirk, Stirling and Clackmannanshire Health and Social Care Partnerships and Scottish Government. Our aim is to support people in practicing choice and control over their support for greater independence, with sustained and improved health and wellbeing.

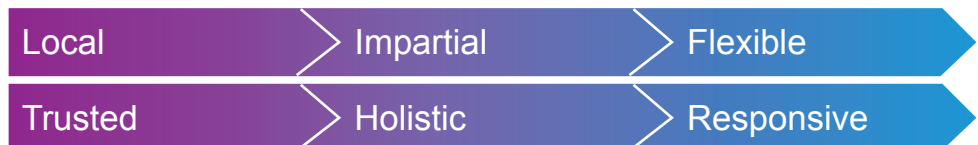
Our role is to ensure that people and carers, either eligible or not eligible for SDS, have choice and control. We offer impartial independent support that helps people make informed decisions about SDS by putting people at the centre of the process.

Meaning people have:

- Access to clearer information about SDS.
- More awareness of the support available to access and manage SDS.
- Greater empowerment to make more informed choices about SDS.
- The time and opportunity to be listened to.
- An equal partner.
- Opportunities to maximise choice and control.
- Chances to contribute to local policy development by becoming involved with our Organisation.

The provision of independent support ensures transparent and impartial information with the removal of conflicts of interest.

Independent Support that is :



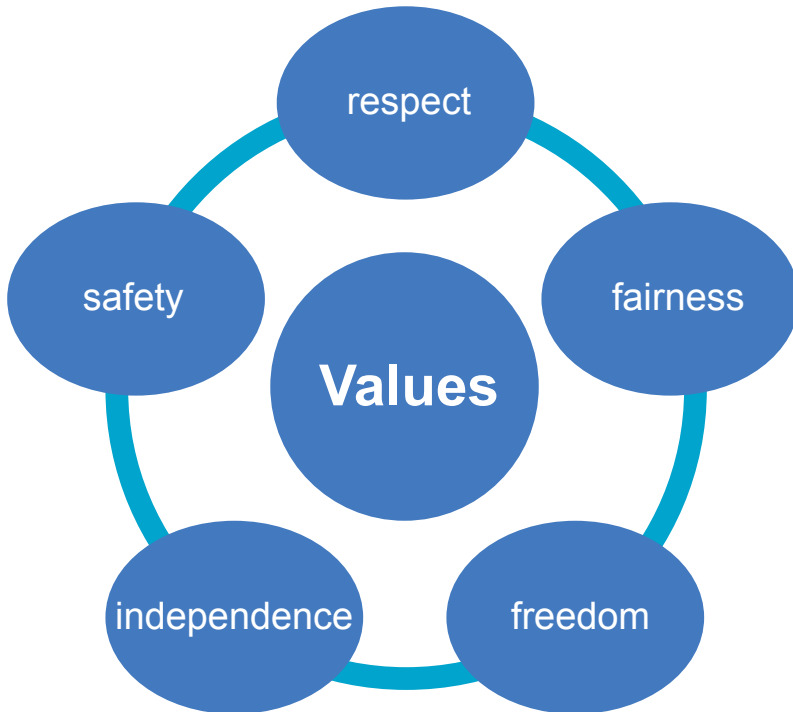
Social Care (Self Directed Support) (Scotland) Act 2013

Guiding statutory principles and good practice principles

Improvement	Having as much involvement as you wish in both the assessment and provision of support
Collaboration	Between the professional, yourself and relevant others
Participation and Dignity	Provided with help to participate in the life of the community and right to dignity
Informed Choices	Being provided with information and any assistance needed to express your views on your support delivery
Innovation	Developing creative and innovative solutions to meet agreed outcomes
Responsibility	Taking as much control over the support as you choose and exercising that control responsibly
Risk Enablement	Supported to feel safe and secure, enjoy life and not be overprotected as far as reasonably possible

Values of Self Directed Support

The Values and Principles recognises that the 2013 Act is underpinned by the concept of Independent Living.



Safety; Not feeling over protected but feeling safe and secure free from exploitation and abuse.

Respect; Having regard for the rights, feelings and wishes of others.


Fairness; Being treated in a manner that benefits your individual circumstances.

Freedom; To have informed choices.

Independence; Having the right help and support to manage your own life and take part in the community, and supported people of all ages having the same choice and control in their lives as other people.

What is Personalisation?

Personalisation is about making sure there is an integrated, community-based approach for everyone.



Definition: “It enables the individual alone, or in groups, to find the right solutions for them and to participate in the delivery of a service. From being a recipient of services, citizens can become actively involved in selecting and shaping the services they receive.”

Personalisation is not just about personal budgets, it is also about achieving choice and control in many ways and in different settings. It might include basic needs, e.g. if you are disabled, being able to access public transport.

Importantly, personalisation is about the dignity and well-being of an individual.

The delivery of Personalised Services will mean different things to different people – as much as is possible, it's about Self-Determination and Self-Directed Care.

Within the spirit and ethos of SDS legislation, positive relationships are key. From Social Services employee's to supported people, from Organisations and families to Personal Assistants, relationships are encouraged to be based on mutual respect with a recognition of equality and equity.

**Putting
people at
the centre**

Recognising people as individuals who have strengths and preferences and putting them at the centre of their own care and support.

It means

Ensuring people can access universal services such as transport, leisure, education, housing, health and employment opportunities.

This involves

Building community capacity involvement so people have a good choice of support, including that provided by user-influenced Organisations.



Eligibility Criteria

Unfortunately, not everyone assessed for Support will meet the eligibility criteria. Your Local Authority works to assessment and eligibility framework guidelines based on the Scottish Governments guidance to ensure everyone has fair and equal access to support.

The National Eligibility Framework employs a four criterion approach, categorising risk as being:

Critical Risk

Indicates that there are major risks to an individual's independent living or health and well-being and likely to call for the immediate or imminent provision of Social Care Services.

Substantial Risk

Indicates that there are significant risks to an individual's independence or health and wellbeing and likely to call for the immediate or imminent provision of Social Care Services.

Moderate Risk

Indicates that there are some risks to an individual's independence or health and wellbeing. These may call for the provision of some Social Care Services managed and prioritised on an on-going basis or they may simply be manageable over the foreseeable future without service provision, with appropriate arrangements for review.

Low Risk

Indicates that there may be some quality of life issues, but low risks to an individual's independence or health and wellbeing with very limited, if any, requirement for the provision of Social Care Services. There may be some need for alternative support or advice and appropriate arrangements for review over the foreseeable future or longer term.



The Self Directed Support Pathway

STEP 1

You, a family member or friend identifying you need support.

Begins with a conversation with your Social Worker or Health Care Professional. Discussing with you the things that are important to you, what you are currently managing and considering with you what support you need. The aim of this collaborative discussion is to identify what is most important to you to achieve a good life making sure that the support you receive is designed and coordinated around your desired Outcomes.

STEP 2

Contacting your local Health and Social Care Partnership.

This emphasises that both Personalised Care and Support Planning is an ongoing process. While the Plan is an important and useful document, it is the preparation as well as the conversation which is at the heart of this collaborative relationship and way of working.

STEP 3

The first appointment with a Health and Social Care Professional when they will assess if your eligibility for support and start to look at what kind of support you might need.

We will provide guidance and support around how best your Outcomes may be achieved and discuss with you, which Option / Options you wish to choose to best meet your Outcomes.

STEP 4

The support planning stage. How you would like your support delivered under the SDS options.

STEP 5

Agreeing the final Support Plan. Ensuring you are content with what is recorded.

STEP 6

Using your preferred option for getting your support in place.

STEP 7

Review process – checking that everything is in place to achieve your agreed outcomes.

From this conversation your Support Plan is developed detailing the Outcomes to be achieved which determines how your personal budget has to be spent. Once recorded by your Social Worker or Health Care Professional you will then be given a copy of it.

We will support you to follow your Plan and engage the support you have chosen. You should already have decided previously whether this support will be through a Care Provider, employing a Personal Assistant, purchasing a piece of equipment, buying a membership of a club or attending an activity on a regular basis.

Usually after 6 weeks there will be a review meeting with your Social Worker or Health Care Professional. SDSFV will be there also to offer any support you may need. This is the perfect opportunity for you to decide if anything needs to be changed or if all your outcomes are being met in the best possible way.

After 12 weeks we will contact you to ensure you are still comfortable with the arrangements and be available for any support you require.

What are Outcomes?

In SDS legislation Outcomes are what are ultimately defined as things that are important to you. Personal Outcomes can be achieved with the appropriate support in place aimed at creating as much independence in your life as possible. An Outcome is the difference or positive impact active delivery of your Support Plans or interventions have on you to create as much independence as possible.



Conversation with you to identify your Outcomes and what Support and Services will assist you to achieve your Personal Outcomes while paying attention to quality of life. The Outcomes will be represented on a Support Plan and everyone who is involved in achieving the Outcomes will have access to them and involved in the communication and review of them.

Quality of Life

Process

Change

Quality of Life

Aspects of a persons life that they are working to achieve or maintain.

- Feeling safe
- Having things to do
- Seeing people
- Staying safe as well as you can
- Living where you want / as you want
- Dealing with stigma / discrimination

Process

Experience that the person has seeking, obtaining and using services and supports and the link from this to how their Outcomes are being achieved.

- Listened to
- Having a say
- Treated with respect
- Responded to
- Reliability

Change

Relating to the changes you see in your physical, mental and emotional wellbeing as a result of your Personal Outcomes being achieved. This can include small changes that make life a bit easier.

- Improved confidence / morale
- Improved skills
- Improved mobility
- Reduced symptoms

The Four Options

OPTION 1

This is commonly referred to as a Direct Payment. Direct Payments have been available since 1996 when the Local Authorities had the power to provide them under the Direct Payment Regulations 1996 however with the arrival of the SDS legislation the power is now a duty. Having a Direct Payment means you can employ your own Personal Assistants or purchase equipment or services that will meet your agreed Outcomes detailed in your Support Plan. With this Option you have more opportunity to arrange the Support you choose either a Care Provider or employing your own staff.

However, if employing your own staff, with this opportunity comes the most responsibility. You will require understanding of what your statutory obligations are making sure you care for the health and well being of your staff.

OPTION 2



This is one of the new Options where you can choose your Care Provider without the responsibility of managing payments. You will know your individual budget and still be able to direct how your budget is used however you will not actually hold the payments in your bank account. You can arrange for the Council

to hold your budget or this can be held by your preferred Care Provider. You and your preferred Care Provider can work together to help you achieve the outcomes detailed in your Support Plan. With this Option you have choice and control. Your responsibility is less than with Option 1 and your opportunity lies with the availability of Care Providers in your area being able to provide the support

OPTION 3

This was traditionally the default position when someone had an assessed need for support before the SDS Legislation became law. This is where, after talking to your local authority, you hand over all the decision making to them to select and make arrangements



for your support. The Support arrangement made should still be flexible to your Support Needs and you should be included in any decision making regarding your support ,however the paying and arranging the support will be carried out by your Local Authority. Even though with this choice you have the least responsibility for arranging things and have less choice and control over the Support you receive this Option is no less valid than the other Options and still remains a popular choice.

OPTION 4

This Option provides for a combination of the other Options. Some people e.g. prefer to have traditional services in the morning and at night but prefer the Support of a PA during the day or for some particular aspects of their care. This can be a good way of getting to understand and be comfortable with being an employer without the commitment of having all of your support arranged by yourself.

Support for Carers with Self Directed Support

In addition to the referrals from our Health and Social Care Partners we also work with referrals from Carers Centres. This is due to the roll out of the Carers (Scotland) Act 2016 and the possibility that Carers will be eligible to choose an option under the SDS Act.

In brief:

The Carers Act also gives Carers specific new rights which include:

- An Adult Carer Support Plan for adult carers (ACSP).
- A Young Carer Statement for young carers (YCP).

Both of these can be provided without first requiring carers to be providing care on a substantial and regular basis, taking a preventative approach to identify each carer's Personal Outcomes and needs for support . There is also a requirement to provide information and advice services to carers.



Carers and Carer representatives must also be involved in:

- Setting local Eligibility Criteria.
- The preparation of local Carer Strategies.
Short Breaks Services
- Statements and planning of Care Services.
- Carers must also be involved in the hospital discharge processes.

Under the Act a 'carer' is an individual who provides or intends to provide care for another individual.

For example, where a person self-identifies as a carer they may request an Adult Carer Support Plan (ACSP). If they appear to meet the definition of carer, the responsible Local Authority must prepare an ACSP.

When carers are identified by practitioners, whether in the community or acute settings, they must be offered an ACSP. If they accept the offer the responsible Local Authority must prepare an ACSP.

The carer must be given a copy of the finalised ACSP.

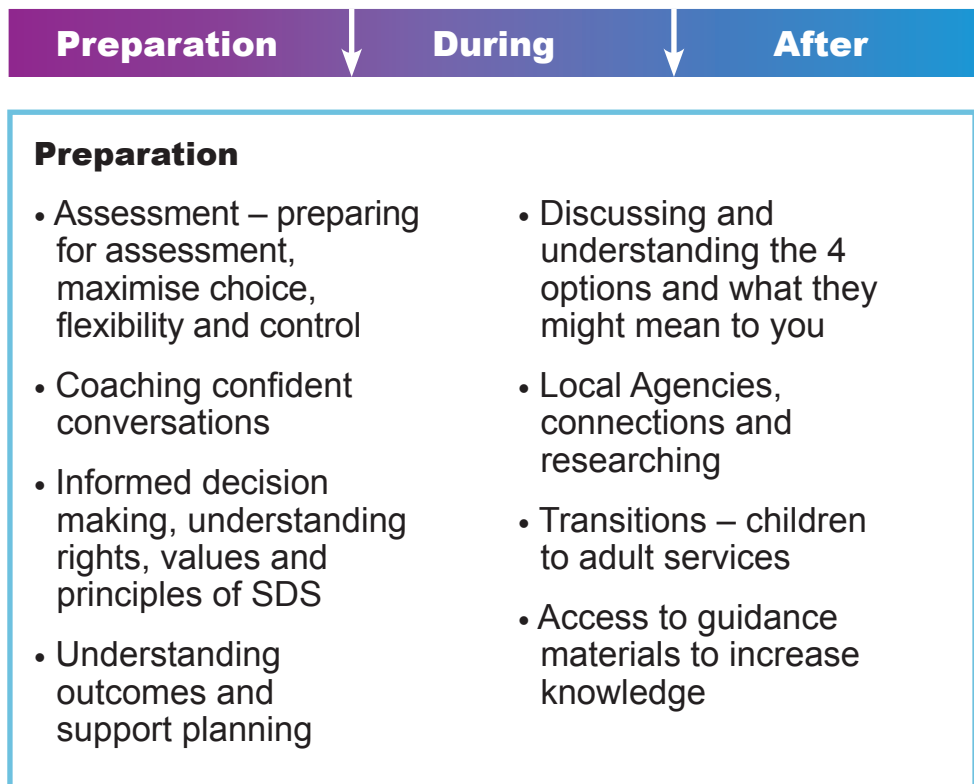
In addition, any carer support provided for the carer will be provided under Section 24 of the Act and cannot be charged for or means tested.



SDS Forth Valley supports people through the stages of their social care support.

Offering assistance and guidance, progressing from beginning to end

People & Carers are better prepared, confident to engage and contribute meaningfully to social care assessments and reviews. People & Carers feel more informed, listened to and less stressed. People & Carers have increased skills and are better able to manage social care packages to live more independently



During

- Guidance choosing and exploring the best option, even if the eligibility criteria is not met
- Becoming an Employer (Option 1)
- About Direct Payments
- Recruitment
- Budgets and Finances
- Signposting payroll, insurance, PA training
- About being an employer - responsibilities
Setting up – statutory requirements
Contracts
Employment Law
Employer Training
- Assisting with links & resources in the community to maximise participation and contribution

After

- Keeping in touch
- Reviews assistance
- Continuous support
- Financial returns
- Training Courses
Peer Support,
learning and sharing opportunities
- Further Resources / useful contacts
- Getting involved with
ILA / SDS
- Forums / Café Drop-in
- A voice that is heard
regarding Self-Directed Support
- Access to and provision of
guidance materials

About SDS Forth Valley Membership

SDS Forth Valley is managed by The Independent Living Association (Forth Valley). They are a user influenced organisation for people with a disability or anyone who has an interest in disability matters.

We believe that Services can best meet the needs of supported people if they have the opportunity to share their voice, contribute their experience and abilities to the Organisation.

ILA Forth Valley actively supports this belief by working towards being user-led with an intention that 51% or more of the ILA Forth Valley Board of Directors are people in receipt of Community Care Services.

We are always keen to encourage people to become members who can contribute and play an active part in the interest and management of the Charity and to progress the aims of the Independent Living Association.

Membership of ILA is open to both Individuals and Organisations. Membership is free, provides voting rights, gets you involved in the Charity and having a voice.

To find out more, contact SDS Forth Valley

T: 01324 508794 (9am-5.00pm)

e: info@sdsforthvalley@hotmail.co.uk

w: www.sdsforthvalley.co.uk

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