

How can we help you?

Our independent service can help you:

- Understand all of your options
- Understand and complete application forms and processes.
- Find out about all the opportunities in your local area – to support your health, well being and independence; and for leisure and interest, education, volunteering and employment.

Our aim is to help you apply for what you need and to make the most of your budget – to enrich your life and build a plan that makes use of free services alongside paid support.



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CIRCLES ADVOCACY

Information for people considering
Self Directed Support

Self-Directed Support

If you are over 16 and experiencing mental health difficulties, dementia, disability or chronic illness we can help you with information about Self-Directed Support.

We can also help you if you care for someone eligible for our service.

What is Self-Directed Support?

Self-Directed Support (SDS) allows people to choose how their support is provided to them by giving them as much ongoing control as they want over the individual budget spent on their support.

In other words, SDS is the support a person purchases or arranges to meet agreed health and social care outcomes.

SDS includes a number of options for getting support.

The person's individual budget can be:

- taken as a Direct Payment (a cash payment)
- allocated to a provider the person chooses (sometimes called an individual service fund, where the council holds the budget but the person is in charge of how it is spent)



- or the council can arrange a service for the supported person
- or the supported person can choose a mix of these options for different types of support.

What can you use Self-Directed Support for?

Self-Directed Support can be used in many ways. You can get support to live in your own home, such as help with having a bath or getting washed and dressed.

Out of the home it could support you to enjoy leisure pursuits more, go to college, to continue in employment or take a job. Instead of relying on the activities run at a day centre, you might arrange for a Personal Assistant (PA) to help you attend local classes, go swimming, or be a volunteer helping others. SDS could also be used to provide a short break (respite) or for equipment and temporary adaptations.

“
**enrich your life
and build a plan**
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You can choose whether you would prefer to get support from a service provider such as a voluntary organisation or care agency, or by employing PA's, or a combination of both.