

How can we help you?

Our independent project can help you:

- Identify your specific care and support needs
- Write down clearly what you want from life, so this is at the centre of all decisions about your care and support
- Understand all 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
 - 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.

Informal Group Meetings

These groups are for anyone interested in finding out more about their choices, during and after the assessment process.

The group provides the opportunity to:

- Share experiences
- Gain information
- Discuss areas of concern
- Hear from guest speakers

Groups take place throughout Inverclyde, please contact the office to find out about your nearest meeting.

For more information or help call:

01475 730 797

info.inverclyde@circlesnetwork.org.uk

www.circlesnetwork.org.uk

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Registered Charity Number Scotland: SC038068.



**You should have choice
and control over how
your support is arranged**

**Circles Advocacy Self
Directed Support
Project can assist you
to take control of your
care**

Circles SDS Project is an Independent Service funded by the Scottish Government for Inverclyde, to assist people through the process of requesting the support they want.

We are here to provide free and impartial information to help people and their carers in Inverclyde access and effectively manage their own care and support budgets.

Your
Life

Your
Care

Your
Choice!

What is Self Directed Support?

Self directed support (SDS) allows you to choose how your support is provided, and gives you as much control as you want over your individual budget.

Put simply, SDS is the support you purchase or arrange, to meet agreed health and social care outcomes.

There are four options for getting support. Your individual (or personal) budget can be:

1. taken as a Direct Payment (a cash payment)
2. allocated to a care provider that you choose (sometimes called an individual service fund, where the council or funder, holds the budget, but you are in charge of how it is spent)
3. the council can arrange a service for you
4. or a mixture of all the above.

Source: www.selfdirectedsupportscotland.org.uk

What can you use SDS for?

Self directed support can be used in many ways. You can arrange 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
- continue in employment
- 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.

You can choose whether you would prefer to receive support from a service provider such as a voluntary organisation or care agency, by employing PAs, or a combination of both.