



Self Directed Support Advocacy

Circles Advocacy - Moray

Circles SDS Moray is an Independent Service funded by the Scottish Government. We help people apply for what they need and make the most of their budget.

Your Life | Your Care | Your Choice

What is Self Directed Support and what can you use it for?

SDS allows you to choose how your support is provided, and gives you as much control as you need over your individual budget.

There are four options provided to support the way your individual (*or personal*) budget can be accessed:

- Taken as a Direct Payment and you plan the service.
- Paid to a care provider that you choose.
- The council chooses and arranges the service for you.
- A combination of the first three options.

Self directed support can be used in many ways.

You can arrange help at home, having a bath, getting washed and dressed.

It could also help you to:

- Enjoy your hobbies.
- Go to college.
- Continue or start a new job.

SDS could be used to have a short break (respite), or for equipment and temporary adaptations.

How can we help you?

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

Our free service can help you:

- Figure out the care and support that's right for you.
- Clearly say what you want in life.
- Learn about all the options available to you.
- Understand and fill out application forms.
- Discover local opportunities to support your health, well-being, and independence.
- Create a care plan that helps make your life better.

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.

Your choice - Your way.



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Do you need help in your daily life?

Are you waiting for a care assessment?

Are you being refused a service?

You can have choice and control over how your support is organised.

This is called Self Directed Support.

Contact our Self Directed Support Team:

info.moray@circlesnetwork.org.uk



circlesnetwork.org.uk

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