



## Community Brokerage Network

BRIDGING THE GAPS

# What is SDS and how can we help?

**Lots of people in Scotland need support to live well. You might call it care, support, help at home or social care.**

However you describe it, if you're in Scotland and you access support through your local council, this is Self-directed Support.

Self-directed Support, or SDS, is designed to give people as much or as little control as they want over the support or services they receive.

SDS is for everyone, regardless of your age, where you live, or the type of support you need. It also includes unpaid carers who are entitled to support in their own right.

## Who can get SDS?

SDS is available to people following a social work assessment. This can include those who need help with daily living and are deemed to be eligible for formal support.

# The four SDS options

**Once you've had a social work assessment and your care needs have been agreed, you can choose how your support is arranged.**

There are four SDS options. You can pick the one that works best for you — or mix and match them. Your broker can help you understand what each option means and help you decide what's right for you.

## SDS Option 1

### **You get the money to arrange your own support**

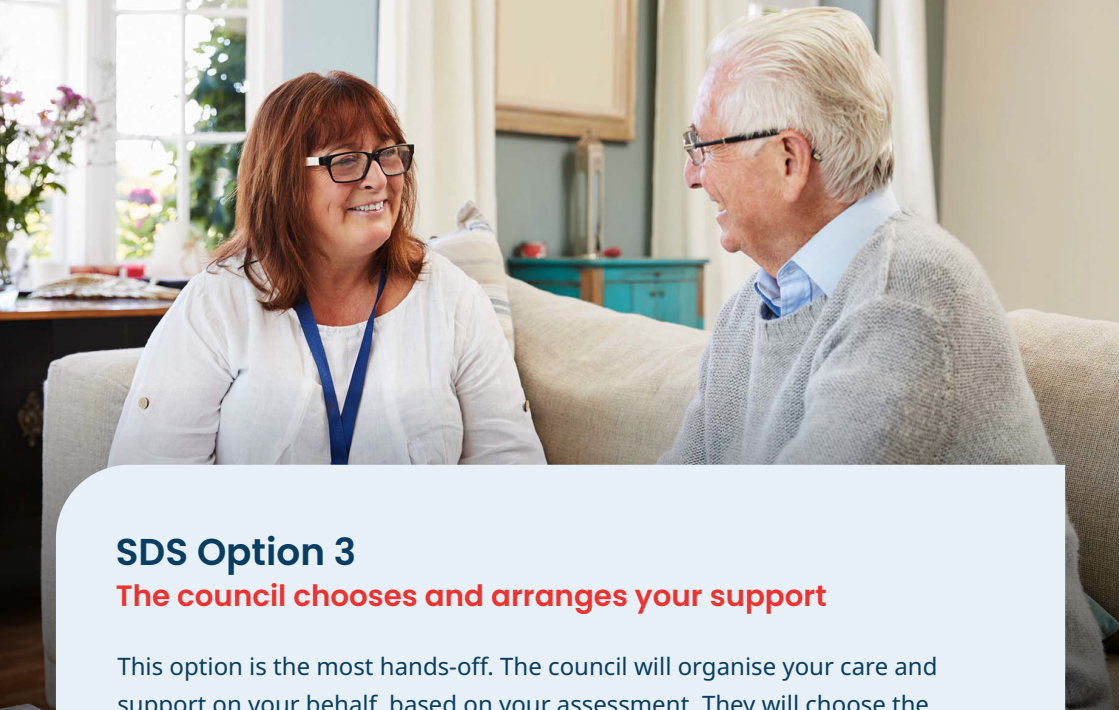
With this option, often referred to as a Direct Payment, you will receive the agreed budget directly into a dedicated bank account and you are responsible for arranging your own care and support. You can choose who provides your support, when it happens, and how it's delivered. This could be a personal assistant, a care agency, or a combination of services. You'll need to keep basic records of how the money is spent, but your broker can support you with planning, paperwork, and accessing payroll management services if needed.

This option gives you the most choice and control. It does come with more responsibility, so it's important to think about whether it's the right fit for you—but there's plenty of support available to help with this.

## SDS Option 2

### **You choose the support, the council organises it**

With this option, sometimes referred to as an individual service fund (ISF), you remain in charge of the important decisions about your care, but the local authority takes care of the practical side of things. You decide what kind of support you want, who provides it, when you want it, and they handle the contracts and payments. It gives you the flexibility to shape your support in a way that works best for you, without the responsibility of managing the budget yourself.



## **SDS Option 3**

### **The council chooses and arranges your support**

This option is the most hands-off. The council will organise your care and support on your behalf, based on your assessment. They will choose the provider and schedule the service for you. It's a good choice for people who don't want the responsibility of organising support themselves, or who are happy with what the council can offer. You can still be involved in your care plan and discussions about what works for you.

## **SDS Option 4**

### **A mix of the above**

Option 4 lets you combine elements of the other three options in a way that suits your life. For example, you might want to manage some parts of your support directly (like hiring a personal assistant), but have the council arrange other parts (like respite care or specialist services). It's flexible and adaptable, giving you the chance to take more control where you want it, and get support where you need it. Your broker can help you figure out the best mix and make sure everything works smoothly together.

# How can we help?

If you believe you may be eligible for social care and need help to understand your options, the Community Brokerage Network can help.

## We can:

- Help you understand whether you may be eligible for funding
- Assist you with your initial assessment
- Explain your options
- Work with you to build a support plan
- Prepare you for meetings
- Connect you with local services and groups

At the Community Brokerage Network, we're funded by the Scottish Government to provide free information and advice on Self-directed Support (SDS) for everyone in Ayrshire regardless of their circumstances, age, and level of ability.

If you've been told you're not eligible for formal support, we can help connect you with other community-based resources.

We do not provide hands on social care for people, but we do try to help them get what they need.

If you or someone you know requires support and may be eligible, please get in touch and we'd be happy to help.

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