

# SDS Options (Fife) Newsround

HELPING YOU TO HAVE MORE CHOICE AND CONTROL OVER YOUR CARE

February 2018

## Our first newsletter of 2018

Well what a year it was last year! Our new Option 1 work started and grew quickly, a whole new staff team were recruited, and a new office for Disabled Persons Housing Service are just a few of the many achievements.

Our busy and successful year finished off nicely with a Christmas lunch in Kirkcaldy and a donation from the staff team to The Cottage Family Centre in lieu of Secret Santa.



## CARF Pop Ins to start up again at DPHS

### High Street Office!

We are delighted to announce that we are partnering with Citizens Advice & Rights Fife (CARF) to provide Pop Ins at our High Street base on a monthly basis. Our Education Room is a confidential quiet space to spend time with an adviser from CARF. Timely money/benefits advice has helped many of our customers in the past. David and Stefan will be taking bookings for Wednesday 21st February 9am – 1pm.

**Citizens  
Advice &  
Rights  
Fife**  
Independent advice for our community



# 1. Disability Car Insurance for Personal Assistants & Carers

Tailored car insurance is available if you are a disabled person who wants to arrange cover that allows a team of carers to drive your vehicle, or a carer who requires insurance for an adapted vehicle. Some insurance companies cover insurance for:

- Parents with disabled children
- Insurance for carers
- Insurance for family members and medical professionals
- Insurance for disabled drivers who require a carer or a team of carers
- Insurance for carers of disabled people



## Benefits of insurance tailored to carers:

Some Insurance Policies are suitable for almost all situations and have great features designed for your needs, including:

- Cover for young disabled drivers from 16 upwards
- 90 days European Green Card Cover
- An appropriate Courtesy Car in the event of an accident (subject to availability)
- Motability Claim-Free driving accepted in lieu of NCB

## Why might you need Insurance for Carers?

- A carer or assistant drives your car regularly or occasionally.
- You may need more than one person to drive your vehicle.
- You need a young driver to be able drive your car.
- You may require cover for family members and medical professionals.
- You may need insurance for any driver to drive your adapted car.

## A few companies known to us offering this type of insurance are:

<b>Chartwell Insurance</b>	<a href="http://www.chartwellinsurance.co.uk">www.chartwellinsurance.co.uk</a>	Tel: 0800 089 0146
<b>Fish Insurance</b>	<a href="http://www.fishinsurance.co.uk">www.fishinsurance.co.uk</a>	Tel: 0333 331 3781
<b>Be wiser insurance</b>	<a href="http://www.bewiser.co.uk">www.bewiser.co.uk</a>	Tel: 0800 954 9570
<b>Blue Fin insurance</b>	<a href="http://www.jelfgroup.com/jelf-and-bluefin/">www.jelfgroup.com/jelf-and-bluefin/</a>	Tel: 0131 316 5400

*'Other Insurance services are available within Fife, SDS Options Fife provide the information above as guidance only and are unable to endorse or recommend the services of the providers noted above'*

## 2. Independent Living Insurance for Personal Assistants & Employers

### **What insurance do you need for hiring a PA or working as one?**

Whether you are a self-employed paid carer, care provider or someone who employs a paid carer or personal assistant, something that you need to have in place is the right insurance.

There are a number of companies in the UK which specialise in insurance for the care sector and it is not too expensive – though it is something that will need to be budgeted for.

### **Just a few Insurance providers in the UK:**

**Surewise:** <http://www.surewise.com/carers-insurance/>

Whether you are an employed carer, an employer of carers or a self-employed carer, Surewise.com offer a highly covered insurance policy that will put your mind to ease, starting from just £4.92 per month with NO hidden fees.

**Blue Badge:** <https://www.bluebadgemobilityinsurance.co.uk/Carers-Insurance>

Blue Badge offers specialist insurance that is tailored to the needs of the individual, whether this be a mobility scooter user or a personal assistant working in the care sector.

**Premier Care:** <https://markbatesltd.com/products/independent-living/personal-care-assistant-insurance>

Premier Care is a specialist disabled insurance provider that offers a range of different policies as part of Mark Bates Ltd.

Its Personal Care Assistant Insurance is designed for self-employed carers and this includes PLI, personal accident cover, legal cost and expenses, accidental bodily damage, accidental damage to property and access to a 24/7 helpline. This costs £85 for a year.

*'Other Insurance services are available within Fife, SDS Options Fife provide the information above as guidance only and are unable to endorse or recommend the services of the providers noted above'*



An example of some of the support we provide.

### Mrs. N - Feb 2018 North East Fife Area

Mrs. N in NE Fife had a team of three agency staff, which she was self-funding and she wanted to change to Option 1 'Becoming an employer' and employ the staff team as Personal Assistants. Mrs N's assessment had been carried out by Social Work and she was eligible for a number of hours a week.

A joint visit followed with our Independent Living Officer, Julia Walker and Social Worker outlining responsibilities of becoming an employer along with useful literature such as our own SDS Options leaflet, Volunteer one and an easy-read SDS brochure at Dundee carers and is a useful guide when explaining all 4 options. As Mrs. N was self-funding originally we advised that cleaning duties would no longer be covered under the SDS budget.

Our HR Representative Zoe Cormack gave support with reviewing the job description which Mrs N's daughter M had derived from Mrs N's Personal Outcomes Plan. Currently contracts are being finalised and starting dates are being agreed.

Mrs N and her daughter M are delighted with the support and service from SDS Options Fife.

*Written by SDS Options Fife*

## Future Learn

Thinking of employing your own staff (or Personal Assistants) under Option 1? Thinking about working as a PA? Please feel free to sign up to this **free course** available via the University of East Anglia under Future Learn programme: The Role of Personal Assistants in Disability Support. It is an online course done at your own pace over a period of 3 weeks. You can choose to pay to have ongoing access to it/to get a printed certificate, but that is not necessary in order to access the materials. Let us know how you get on!



Link here: [https://www.futurelearn.com/courses/personal-assistants-disability-support?utm\\_source=dphs&utm\\_medium=email&utm\\_campaign=dphsADS](https://www.futurelearn.com/courses/personal-assistants-disability-support?utm_source=dphs&utm_medium=email&utm_campaign=dphsADS)

Or via our Website Blog if that is easier! [www.sdsoptionsfife.org.uk /blog](http://www.sdsoptionsfife.org.uk/blog)

## Dates for your diary

### Peer Group Meeting (New)

If you or anyone you know would like to speak to someone who has lived experience and gone through the SDS Journey then this meeting is for you.

Thursday 15<sup>th</sup> March 2018    1:30 – 3:30  
 SDS Options (Fife) Office  
 339 High Street  
 Kirkcaldy, KY1 1JN



### SDS National Voice - Wednesday, 14 March 2018 from 10am to 4:30pm

Edinburgh International Conference Centre  
 150 Morrison Street  
 EH3 8EE, Edinburgh



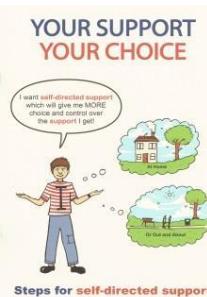
**SDS National Voice** is an event that will promote and showcase good Self Directed Support practice all over Scotland. It's designed around what you would like to hear about, and who you would like to hear from.

The event is aimed at people involved in SDS at all levels who want to influence the delivery of health and social care. Lunch and refreshments will be provided. A full programme of the day will be published in due course. This event is fully accessible; there will be a number of Personal Assistants available at the venue, as well as BSL interpreters. Support for registering online is available on 0131 475 2623 9:30am – 4:30pm

### Crossroads experiences

We have a little project on the go in the volunteer team. June from Crossroads has been kind enough to arrange families who she's involved with to share their SDS stories with us. We look forward to sharing them with you via our website and literature. Victoria Guest, SDS Volunteer Co-ordinator will be calling and / or visiting the families in January and February. Read our first story on page 3!

### Crossroads Fife Central



## Your choice your support booklet!

This booklet was produced by Dundee Carers Centre as an easy read guide to Self-Directed Support. The contents of the booklet include:

- Who Self-Directed Support for?
- What are your choices?
- How do you get Self-Directed Support?



We do have an electronic copy of the booklet. Please contact us if you would like it sent to you. Check out the short but brilliant accessible video on YouTube!

<https://www.youtube.com/watch?v=meoF9qurqYo&feature=youtube>



Have you seen Penumbras new SDS Leaflets? They have three new ones with loads of useful, easy to understand information.



1. SDS individual service funds – How to use option 2, the process and how Penumbra can help.
2. How they support SDS – An overview of the support they can offer.
3. Self-Directed Support explained – How to get it and what options are available.

## Disabled Persons Housing Service Fife

DPHS (Fife) is an independent, disability – led group which covers all of Fife. They provide free housing information and advice for disabled people living in Fife who have particular housing needs or issues. They will explore your housing options with you; provide information and advice for all tenancy types and housing associations. They also work with registered private landlords who have accessible properties.



Contact DPHS (Fife) for a registration form – called a DPHR or download it from our website: [www.dphsfife.org.uk](http://www.dphsfife.org.uk)

## Breaking News: SDS SiRD2021 Fund Now Open.



**Scottish Government**  
Riaghaltas na h-Alba  
[gov.scot](http://gov.scot)

### **Self-Directed Support SiRD2021 Fund Now Open for Applications:**

The new Support in the Right Direction Fund (SiRD2021) is open for applications as of 05<sup>th</sup> February. The deadline for applying is 12pm (midday) on Tuesday 3 April 2018.

The application process is being managed by Inspiring Scotland and you can get information on criteria and the application process from the Inspiring Scotland website – <https://www.inspiringscotland.org.uk/what-we-do/thematic-funds/self-directed-support/sird2021/>

Here you will find Fund information and Guidance notes, the Consultation summary and a copy of the application form. If after reading the Guidance notes you decide to apply, **you need to request an application form for completion, which will then be emailed to you.** You can request your application form through <https://www.inspiringscotland.org.uk/what-we-do/thematic-funds/self-directed-support/sird2021/>

They will also be providing surgery sessions to discuss individual project ideas for SiRD2021 on the following dates:

- 5 March – Glasgow, venue TBC
- 6 March – Edinburgh, venue TBC
- 8 March – Aberdeen, venue TBC

You can request to attend a surgery here- <http://sgiz.mobi/s3/SiRD2021-Surgery-request>

Please share this information with your contacts and partners where relevant. If you have any questions get in touch with Ashley or Kaylie from Inspiring Scotland: [ashley@inspiringscotland.org.uk](mailto:ashley@inspiringscotland.org.uk), [kaylie@inspiringscotland.org.uk](mailto:kaylie@inspiringscotland.org.uk)

If you would like support with your application from SDSS please contact Mark: [mark@sdsscotland.org.uk](mailto:mark@sdsscotland.org.uk)



Our SDS Survey went out just before Christmas. Thank you to those who managed to return them to us. The overall response to the Option 1 work has been a positive one with many happy clients so far. Some of the quotes so far...

*"I didn't continue with the support as I already had my provider allocated, but the advice I got from Julia was very helpful"*

*"...Zoe explained everything so well. Thank you"*

*"Julia was very friendly and most helpful"*

## Get to know us sessions

We are considering doing more Get to know us Sessions for organisations and out in the community. These sessions explain about our new SDS Options 1 work, what services we provide and where we fit in with Disabled Persons Housing Service. It also give us an opportunity to have a cuppa and chat with individuals or support staff from all over.

If this is something you would like to hear more about and would like a session in your area please get in touch with David on 01592 803 280.

## SDS Options (Fife)

West shop  
Laws Close

339 High Street  
Kirkcaldy  
KY1 1JN

### Contact us on:

01592 803 280 (Press option 2)

[www.facebook.com/sdsoptions/](https://www.facebook.com/sdsoptions/)

@SDS\_Options OR @SDSVolunteers OR  
SDSoption1

<http://www.sdsoptionsfife.org.uk/>

[enquiries.sds@dphsfife.org.uk](mailto:enquiries.sds@dphsfife.org.uk)

