



## Self Directed Support – The Basics

Self Directed support is a tool which enables people to have greater choice and control over their support.

From 1 April 2014 – the commencement date of the Social Care (Self Directed Support) (Scotland) Act 2013 – all local authorities have a statutory duty to give people who are eligible for social care more choice about how they receive support – they must offer self directed support.

The Act is one part of the Scottish Government's 10-year self directed support strategy. The core values of this strategy are: **respect, fairness, independence, freedom and safety.**

The statutory principles which underpin the Act are:

- **participation and dignity** – supported people should have the same freedom, choice, dignity and control as other citizens at home, at work and in the community
- **involvement** – supported people must have as much involvement as they wish in assessment and the provision of their support
- **informed choice** – supported people must be given reasonable assistance to enable them to express their views and make choices
- **collaboration** – professionals must collaborate in an equal partnership with supported people in relation to assessment and provision of support

Local authorities should consider these values and principles as part of their social care strategy, policies and practice.

In practical terms self directed support means a person requiring support will:

- have their needs assessed in terms of outcomes – what they want to achieve with their support. This should be done as a conversation and exploration, rather than a form-filling exercise.
- be told the overall amount of money (in £s, rather than hours of support) available for their support. This amount is called an Individual Budget. The budget will be based on the support needed to fulfil the person's outcomes.



- be offered four options on how their support and budget are managed, and by whom
- be helped to make a plan on how and what to organise as a support package within their budget so that they can achieve their outcomes

## The four options

**Option 1** – the person receives a direct payment and arranges the support themselves, often with the support of an advice and support organisation

**Option 2** – the person chooses how their individual budget is spent while the local authority or a third party (such as a support organisation or service provider) manages the money and arranges the support on their behalf

**Option 3** – the person asks the local authority to decide and arrange the services and support they receive

**Option 4** – a combination two or all of options 1, 2 and 3. For example, the person may choose to use part of the budget as a direct payment to employ a personal assistant and another part to receive a service decided and organised by their council

Within the values, principles and duties of self directed support different local authorities will have different processes and tools (for example different ways of carrying out assessments or support planning, different commissioning strategies or processes), and different ways of working with advice and support organisations and providers to deliver the four options, particularly option 2.

However, everyone who is eligible for social care support should have access to independent information and support when considering, choosing or managing any of the four the options.