

for funded social care and support

# MY SDS

a self directed support toolkit



interactive



information



tools

**penumbra**  
your way to a brighter future

**important  
information**

This toolkit is not designed to be in place of professional advice. It is designed to inform and help you explore funded care and support through your council, and other supports in Scotland. For immediate help contact your GP, A&E or 999.

more information  
and contacts

FAQs

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# Self Directed Support

what is Self Directed Support (SDS) and what can it offer you?

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**I need support**  
or someone I know  
needs support

## SDS

**Self Directed Support (SDS)**  
You could explore  
Self-directed support



*click icon for more information*

**legislation**  
The Social Care  
(Self-directed Support)  
(Scotland) Act 2013 helps  
people explore and access  
care and support through  
their local council



*click below for more information*

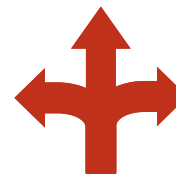
**principles and values**  
SDS is supported by  
national principles and  
values including dignity,  
informed choice and  
independence



**who can access it?**  
Children and adults in  
Scotland



**health and wellbeing**  
SDS can help people  
who have a mental,  
physical and other  
health problems;  
learning disabilities, etc.



**choice and control**  
It aims to help you  
access better support  
services, with more  
choice and control of that  
support



**prevention**  
It wants to help people  
get support at the right  
time, before a crisis or  
emergency happens

# SDS process

how do I get Self Directed Support (SDS) and what is the process?



click icons for video or guide

## be informed

Start by exploring SDS and what this could mean for you e.g. through information videos and guides to help you



click icons for real SDS stories

## real stories

It can be useful to hear or read about peoples' real experiences of SDS and how they used it to meet outcomes



click icon for a support plan

## make a plan

It is a good idea to make a plan about what matters to you - about your needs, hopes and outcomes  
*what is an outcome?*



click icon for council contacts

## contact for an assessment

Contact your local council and ask for a SDS outcomes assessment



click icon to read about the assessment

## SDS outcomes assessment

A social worker will come out to meet you. They will listen to you and explore your ideas and solutions to achieve your hopes



click icon to read about eligibility

## eligibility

Social work will also assess your needs against an eligibility criteria, and do a financial assessment to see if you are eligible for a SDS budget.

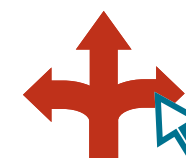
If you do not get funding search **ALISS**



click icon to read about the options

## support plan and 4 options

You will create and agree a support plan with social work. You will be given 4 options on how you want to manage your SDS.



click icon to search supports

## support

Depending on how you manage your SDS, you might choose a PA, groups or support provider.

# MY SDS budget



use

...to have more knowledge and control of your SDS budget

...to keep an up to date record on how you are spending your SDS budget

## my outcomes

Below are my agreed outcomes


Outcomes can be found in My Support Plan

## my budget

Below is my allocated budget & contribution

**MY SDS OPTION is:**

*If Option 1, please remember you may need to provide receipts, financial statements, bank statements, etc. Please speak with a worker about this.*

*If Option 4, where you have a Direct Payment, the above Option 1 information may also apply.*

**MY SDS BUDGET is:**

 Per week

*This is the budget allocated to you from social work to help you achieve your agreed outcomes.*

**MY SDS CONTRIBUTION is:**

 Per week

*You may have to pay a contribution towards your care and support depending on your financial circumstances.*

## my costs Record of Spending

Local Authority:

Council ID number:

Other information:

source	cost	frequency (e.g. weekly, monthly)	hours
My Support			
My Contribution			
<b>Total</b>			

Date from:  Date to:

Please sign and date below when complete

Name \_\_\_\_\_ Date \_\_\_\_\_

# MY SDS working together



## use

...to help you join up the people and organisations around you

...to help you keep a note of who is involved in your SDS journey and how they support you

Unless otherwise requested, this document will be shared with all supporting organisations

organisation name:

contact details:

their role and how they support me:

outcome

organisation name:

contact details:

their role and how they support me:

outcome

organisation name:

contact details:

their role and how they support me:

outcome

organisation name:

contact details:

their role and how they support me:

outcome

# MY SDS diary



## use

...to plan, agree and keep a note of your support times and days

...to plan and easily share with your support

NOTE: Under certain circumstances, changes may be made to a support time, day or worker. You should be given as much advanced notice as possible of changes and this should be discussed with you. If you complete a MY SDS diary please give to a relevant person to allow updates to rotas, etc.

my weekly hours of support are:

how many weeks does this diary cover?  
*e.g. 2, 3, 4 weeks*

Give/send this completed diary to:

	MON	TUES	WED	THUR	FRI	SAT	SUN
morning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
afternoon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
night	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



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advocacy

finance



The Scottish  
Government

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