MY SDS
a self directed support toolkit

penumbra
your way to a brighter future
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.

Penumbra manages information, content and advice found on Penumbra-related websites and social media. All other information, content and advice is managed by the organisations who maintain the websites. This resource was funded by the Scottish Government, and designed and created by Penumbra penumbra.org.uk
Self Directed Support (SDS) is supported by national principles and values including dignity, informed choice and independence.

I need support or someone I know needs support

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

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

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

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.

What is an outcome?

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

It is a good idea to make a plan about what matters to you - about your needs, hopes and outcomes.

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

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

Proceed to 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.

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SDS stories

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## MY SDS Budget

### MY SDS 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:**

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

**MY SDS CONTRIBUTION is:**

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

### MY SDS CONTRIBUTION is:

**Total**

Date from: **DD/MM/YYYY**  Date to: **DD/MM/YYYY**

Please sign and date below when complete

<table>
<thead>
<tr>
<th>Source</th>
<th>Cost</th>
<th>Frequency (e.g. weekly, monthly)</th>
<th>Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Support</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>My Contribution</td>
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</table>

### MY SDS costs

**Record of Spending**

Local Authority:

Council ID number:

Other information:

<table>
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<tr>
<th>Source</th>
<th>Cost</th>
<th>Frequency (e.g. weekly, monthly)</th>
<th>Hours</th>
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### 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

### Outcomes

Below are my agreed outcomes

Outcomes can be found in My Support Plan

### MY SDS

**Budget**

- Use
- Activity

**Option**

- Option 1
- Option 2
- Option 3
- Option 4

### Penumbra

**Logo**

**Tagline**

**Website**

**Contact Information**

Name _________________________________ Date __________________
...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

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Name ____________________________ Date ____________________
**use**

- to plan, agree and keep a note of your support times and days
- to plan and easily share with your support

**my weekly hours of support are:**

- morning
- afternoon
- evening
- night

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

**Give/send this completed diary to:**

**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 SDS diary**

<table>
<thead>
<tr>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
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Morning

Afternoon

Evening

Night

Name ___________________________ Date __________________