

South Lanarkshire

# Self-directed Support

---





## What is Take Control - South Lanarkshire Self-directed Support Service?

---

Take Control (South Lanarkshire) is a Self-directed Support Service providing information and assistance to enable anyone who needs support to explore the **4 options** for independent living set out in the Social Care (Self-directed Support (Scotland) Act 2013. Take Control aims to promote independent living by helping people access information, skills and support to overcome barriers and make informed choices. This booklet is about Self-directed Support and explains how Take Control (South Lanarkshire) can support you to make it work for you.

## What's good about Self-directed Support? (SDS)

---

The Scottish Parliament passed a new law on social care support, the Social Care (Self-directed Support) (Scotland) Act 2013. The Act gives you a range of options for how your support is delivered. It gives you the right to decide how much control and responsibility you want over your own support arrangements. Self-directed Support is where you arrange some or all of your support instead of receiving services from your local authority Social Work Services. Self-directed Support gives you genuine control over your day-to-day support.

# The Four options

---

Self-directed Support gives you **four options** (see table below) which can be used to provide support in your home as well as practical support to go out to work, education and leisure activities. You can choose to buy support from a care provider, or you can employ a Personal Assistant. You will have more choice and control over arranging the help you need as you can choose who they are, what they do and when.


- » **Option 1** You choose to receive a direct payment to purchase support yourself. This can be done by employing a Personal Assistant or Support Worker
- » **Option 2** Your council may give you the option to choose your own support while it holds the money and arranges the chosen support on your behalf.
- » **Option 3** You choose to have the council select the appropriate support and arrange it for you.
- » **Option 4** A mix of options 1,2 and 3 for specific aspects of your support.





# How do I get Self-directed Support?

---

- » **Step 1: Ask for an assessment:** You will be involved in an assessment of your needs. If you know what support you need, you might be happy to work with your social worker to complete the assessment. You may also choose to involve a Carer, family member, friend or advocacy service to help you.
  - » **Step 2: Create a Support plan:** Social Work Services will work with you to identify your goals and outcomes. From this they will develop a support plan which will set out your choices of support to help you meet your agreed goals and outcomes. Your support plan will show:
    - How you intend to achieve your outcomes
    - How much this will cost
    - Who is responsible for providing and arranging the support you require
    - How any risks will be managed
    - It will also identify your back up emergency plans.
  - » **Step 3: Choose an Option:** When your support plan has been agreed, you will be able to choose the SDS option that will suit you best. If you feel your chosen option is not working, contact us to discuss changing your current arrangements.
  - » **Step 4: Will I have to pay anything?** You may be asked to pay part of the cost towards your support and transport. This depends on the type of care you are assessed as needing and how much income and savings you have. If you have to pay something towards your care, the amount will be the same whichever Self-directed Support option you choose.
- 

# How can Take Control South Lanarkshire help you?

---

If you are new to Self-directed Support and would like to find out more, Take Control can provide information and help set up your support arrangements. Our Inclusive Living Advisers will work with you to do this.

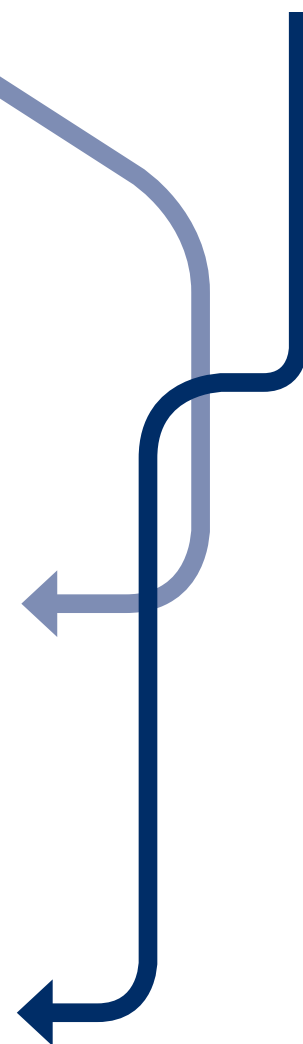
## **We can:**

- arrange information sessions about how to make Self-directed Support work for you
- find the best way to achieve the outcomes in your support plan.

## **If you wish to purchase a service from an agency we can help you to:**

- gather accessible information on any service you may wish to buy
- help you arrange meetings with any prospective agencies to discuss how they could meet your needs
- arrange a bill paying service
- help you to arrange a back-up plan in case your regular arrangements break down.

If you already use SDS, we can help you manage or change your support arrangements.







**If you want to employ your own Personal Assistants we can help you to:**

- » Write suitable Job Descriptions
  - » Advertise for Personal Assistants
  - » Recruit Personal Assistants safely
  - » Set up and manage a payroll system to pay your personal assistants
  - » Find the right insurance
  - » Access expert employment advice
  - » Access information and training for you and your Personal Assistant/s
  - » Arrange a back up service so that you have cover when your Personal Assistant/s are ill or on holiday
- A large blue arrow on the left side of the page points upwards from the bottom towards the text above the image.

# How do I get started?

---

If you would like to know more about Self-directed Support and how to apply for it, phone Take Control (South Lanarkshire) on **01698 892372** or email us at **[infosl@takectrl.org.uk](mailto:infosl@takectrl.org.uk)**

» You can speak to an Inclusive Living Adviser for information and advice about how to get started.

» We can send you an information pack or if you use a computer, we can send you a flash drive, containing information on how to apply for Self-directed Support.



» You can come along to an information session with other people who are already using Self-directed Support or who, like you, are interested in finding out more.



Take Ctrl is part of Glasgow Centre for Inclusive Living (GCIL), which is an established Disabled People's Organisation, with many years of experience helping people get the support they need in a way that suits them.



## Cailean's Story

**My name is Cailean. I am 19 years of age and my ambition is to be an actor. I have just completed a Performing Arts course at Coatbridge College and at the moment I am studying Radio and TV Broadcasting at Cumbernauld College - I am pursuing my dream!**



**Tricia (Mum):** I knew nothing about Self-directed Support until a friend who is active in a partners and policy group told me about it and I also saw how well a friend's daughter was doing thanks to having a direct payment. I wanted Cailean to do what he wanted to do and he wanted to go to college, but as Cailean is on the autistic spectrum I knew he would need some support. A direct payment seemed to be the perfect option as Cailean needed his own personal assistant (PA). It took a long time to get Self-directed Support, but I received great assistance from take ctrl: South Lanarkshire who speeded up the process.

**Cailean:** I interviewed four people who had applied to be my personal assistant (PA) and I chose Sandra because we got on from the start and I felt very comfortable with her. Sandra supports me to go to and from college and if I have any difficulties with some of the college paperwork she supports me with that too. Sandra also helps me to learn my lines and prepare for performances. I am really enjoying my





**“Watch out - in the future you might see me on a screen near you”**



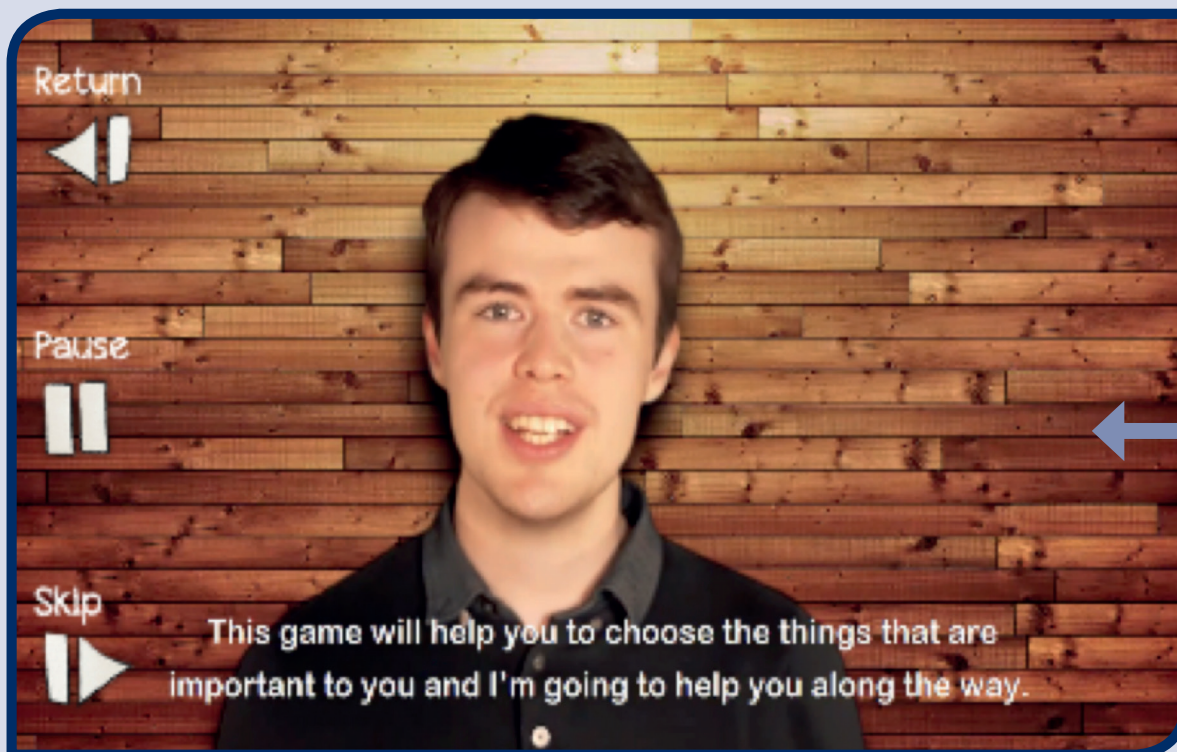
Radio and TV Broadcasting course as there is so much variety. I am learning presenting and voiceover skills as well as script writing and I like working as a team with my class mates.

**Sandra (PA):** I get great joy from watching Cailean's progress through his college courses. My aim is to do such a good job that Cailean doesn't need me anymore!

**Cailean:** I love every aspect of performing. In my spare time I write and create ideas for movies. In 2011 I wrote my first live action movie called "Ben Jones." Ben is a type of secret agent who solves mysteries. I then completed "Ben Jones 2: Taken."

**Tricia:** The family all got involved in acting, directing and editing "Ben Jones" and we had a hilarious time filming. We then organised a premier at The Glasgow Art Club and Cailean impressed his audience with an entertaining and action packed movie.





**Cailean:** I have also had extra roles in “Waterloo Road” and some TV adverts. Recently I won a Glasgow Film Theatre “Wee Movies” award, in my age category, for an animated film called “Dogfish.” I am even working on a project with Glasgow Centre for Inclusive Living and Take Control. They are producing a video game to help young disabled people to make choices about their future and I am on screen, using my presentation skills, to guide the player through the game. As well as performing, my other interests are swimming and going to the gym to keep fit. As we have just moved house, my brother and I go out and about to get to know the area, including the odd pub lunch. I also like visiting new areas to scout out locations for future filming.

**Tricia:** As a mother you never stop worrying, but I feel now that something has been lifted from me. Cailean now has the confidence to go out and do different things. He has ambition and is keen to be independent.





Contact us to find out more about your options for **Self-directed Support**:

**Address:** Take Control South Lanarkshire  
40-42 Campbell Street  
Hamilton, ML3 6AS

**Phone:** 01698 892372

**Web:** [infosl@takectrl.org.uk](mailto:infosl@takectrl.org.uk)  
[www.takectrl.org.uk](http://www.takectrl.org.uk)

*This information is available in alternative formats*

 **Follow us on Facebook**

Glasgow Centre for Inclusive Living (GCIL) is a registered Scottish Charity No: SCO2499 and a Company Limited by Guarantee No: 161693

