What is Self-directed Support?

You can now choose how your support is delivered from these four options:

Option 1: A **Direct Payment** is when you get the money and you organise the support yourself.

Option 2: An **Individual Service Fund** is when you choose and direct your support, but the Local Authority or another organisation arranges it all and handles the financial side.

Option 3: Your **Local Authority** organises your care from their staff or from their preferred providers.

Option 4: A **Combination** of any of these three options.

You are entitled to have help or support to think about your choices and to express your views if you wish.



The SIAA website has a section called Find an Advocate. You can use this tool to search for advocacy in your local area.

www.siaa.org.uk

Access to independent advocacy varies across Scotland. Speak to your local independent advocacy organisation to find out what support they can provide.



How can an advocate help me with **Self-directed Support?**



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What is independent advocacy?

Independent advocacy is a way to help people have a stronger voice and have as much control as possible over their own lives.

An independent advocate is there just for you, to help to get the information you need to make the choices you want and to help you to have your say.

An independent advocate will not provide other support e.g. brokerage. The advocate can signpost you on to support and help you access it.

The Principles behind SDS

Participation: You should be provided with the help you need to take part in your community.

Dignity: The Local Authority must respect your dignity.

Involvement: You should be fully involved in all choices.

Informed Choice: You should receive the help and information you need to make an informed choice.

Collaboration: You and the Local Authority must work together in planning your support.

How advocacy can help on your SDS Journey

Getting Started

You decide that you need support and contact your local social work department.

Contact your local independent advocacy organisation.



Eligibility and Assessment

You will be assessed by social work on eligibility and level of support needed.

An Advocate can help you to:

- Understand the process and attend meetings.
 - Access and understand information.
 - Write your self-assessment.
 - Get your point of view across.



Reviews

There will be regular reviews of your support needs, you can also request a review.

An Advocate can help you to request a review and can help you go through the process again.

Support Planning

A support plan will be made with your input.

An Advocate can help you to:

- Think about which option you want.
 - Get your voice heard.
- Make sure your rights are upheld.



Agree the final plan

You and the professional agree on the final plan

An Advocate can help you to:

- Make sure your rights are upheld.
- Challenge anything that you don't agree with.

