



**Centre for Inclusive Living
Perth & Kinross**

Empowering individuals to live independently

Understanding Self-Directed Support



Self Directed Support

Brought to you by Centre for Inclusive Living Perth & Kinross



What is SDS?



Self-Directed Support (SDS) is a way to help people get the care that is right for them



The **Social Care (Self-Directed Support) (Scotland) Act 2013** makes sure that people have choices. Local councils must offer different ways to get support. This helps people decide what works best for them.

What can you use SDS for?



SDS can be used for many things. This includes getting support to live at home, with things like medication, meals or personal care.



It could also be used to go to work or higher education.



SDS can also be used to enjoy hobbies, classes or volunteer. You could use the money to go for a short break.



Option 1: You get the money to spend on support you choose. You can hire a personal assistant or buy services from a provider.



Option 2: The council or your support looks after the money, but you decide what is done with it. You still have a say in your support.



Option 3: The council decide how to spend the money. They choose and arrange the support they think is right for you. The council manages everything.



Option 4: This is a mix of Options 1, 2, and 3. You can choose more than one way to get your support. This gives you even more flexibility and say.

Resources and Support



There are many places to find more information about Self-Directed Support.



More information can be found at:
<https://www.sdsscotland.org.uk/>



Support Choices:

<https://www.supportchoices.co.uk/>

Can give advice and support about Personal Assistants. Staff will look over your options with you.



Personal Assistant Network Scotland:

<https://panetworkscotland.org.uk/>

Can directly help Personal Assistants. They offer support, advice and opportunities.



The Social Care (Self-Directed Support) (Scotland) Act 2013:
The law that supports SDS.



PKAVS:

<https://www.pkavs.org.uk/>

Supports unpaid carers of
vulnerable adults.



**Centre for Inclusive Living
Perth and Kinross**

<https://www.cilpk.org.uk/>

Us! An organisation who work with
local services to improve access and
experiences for people with disabilities.



Centre for Inclusive Living Perth & Kinross

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