

Self-Directed Support (SDS)

This factsheet aims to provide you with some information about what SDS is.

We know SDS can be a little overwhelming to navigate on your own, we also have a more in-depth resource available as this factsheet provides a simple overview.

What is Self-directed support?

SDS aims at providing increased autonomy for individuals and the ability to personalise your own care.

If you are eligible for social care support, you are able to play a role in deciding how it is organised and provided.

How can I access SDS?

If you feel that you need support for yourself, or someone you look after, then you can ask your local council for an assessment of your care needs.

Once you have contacted your local authority to organise support, they will carry out an assessment to evaluate what kind of support you will need/be entitled to

Who is eligible?

Eligibility for SDS is determined by your local authority, and this is done via an assessment.

Currently, the guidance on national standard eligibility criteria regarding adults places the risk into 4 bands:

- 1. Critical**
- 2. Substantial**
- 3. Medium**
- 4. Low**

Whilst, there is guidance set out on determining eligibility, it is ultimately up to the local authority to determine how it approaches the assessment.

What are my options when it comes to self-directed support?

There are 4 options that your local authority will offer you when it comes to your SDS:

- **Option 1** - you receive a direct payment, the amount decided by the local authority, and they use it to arrange their own support. This can include employing staff and/or buying goods and services.
- **Option 2** - The supported person decides on the support they want, and that support is arranged on their behalf. Once the local authority has decided how much money they will give towards your support you can then use the money to choose goods and services. The support is then arranged on your behalf.
- **Option 3** - After you and the local authority have a discussion, the local authority decided and arranges support for you. With this option you ask the local authority to choose and arrange the support that they think is right for you.
- **Option 4** - This option allows you to use a mixture of the options to arrange your care and support. You might want to have direct control over some parts of your support but not all of them.

What can I use Self Directed Support for?

SDS can be used to help support you with personal care and it can also be used to:

- Help you go to college and support you in education
- To help you work or support you in employment
- Help you find a new hobby instead of using a day centre
- It can help to arrange for a personal assistant who can help you join groups within your local community. It can be used to find more ways to help you be involved in your local community.
- It can be used to help you take a short break, if that is what you need.

Factsheet: What is Self-Directed Support?

