

What is SDS

Self Directed Support

THE BRIEF

Self Directed Support (SDS) is how Social Care is delivered in Scotland, giving unpaid carers and supported people choice and control about how their support is arranged. If assessed as eligible for support, individuals are offered a choice of the four SDS options.



SDS FOR ADULTS REQUIRING SUPPORT

Anyone who needs support can request a Social Care assessment from West Lothian Health and Social Care Partnership. While not everyone qualifies for funded support, those who don't will be signposted to other community resources.

SDS FOR UNPAID CARERS

Unpaid carers can request an Adult Carer Support Plan to identify any support needs. If eligible a budget will be provided to meet those needs. Carers are not financially assessed and cannot be charged for support. While not everyone qualifies for funded support, those who don't will be signposted to other community resources.

PERSONAL OUTCOMES AND SUPPORT PLANS

Whether a supported person or an unpaid carer, it's important for everyone to consider what outcomes they would like from support, such as help with physical needs, mental health and wellbeing, safety or social opportunities.



SDS ASSESSMENT

An assessment involves a good conversation with a social work practitioner, to discuss the person's strengths and help identify areas where they may require support. The conversation will be person-centred, holistic and will consider physical, mental, emotional, social and financial wellbeing.



HOW TO REQUEST SUPPORT

SDS can be requested through West Lothian Health and Social Care Partnership. Carers of West Lothian can help with this and can also do it on people's behalf's with their permission.

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HOW IS SDS DELIVERED

If someone is assessed as eligible for support, they will be offered the four Self-Directed Support (SDS) options. These options give people choice and control over how support is arranged and delivered. Each one offers a different way to manage their care and support. Personal care in Scotland is free, but adults may need financial assessment and could be asked to contribute to the cost of any additional support.

ELIGIBILITY

While not everyone will qualify for an SDS budget, especially if their needs are not assessed as critical or substantial, there are still plenty of other ways to get support. West Lothian Health and Social Care Partnership can help find services and resources that suit your situation. Carers of West Lothian can also support with this.



SDS OPTION 1 DIRECT PAYMENT

This option gives the most choice and control, by providing a direct payment of money into a bank account to employ a personal assistant (PA), pay a care provider or agreed activities. This option also comes with the most responsibilities however there is support available to manage this or employ PA'S.



SDS OPTION 3 ARRANGED SUPPORT

This is a traditional service where West Lothian Health and Social Care Partnership organise and pay for care and support on individuals behalf's from a list of contracted care providers. This offers the least responsibility over managing care and support.

SDS OPTION 2 INDIVIDUAL SERVICE FUND

This allows people to choose a support provider, but the budget is held on their behalf. Care providers must be able to meet agreed outcomes and be registered with the Care Inspectorate. This gives choice without the responsibility of managing a budget.

SDS OPTION 4 MIX AND MATCH

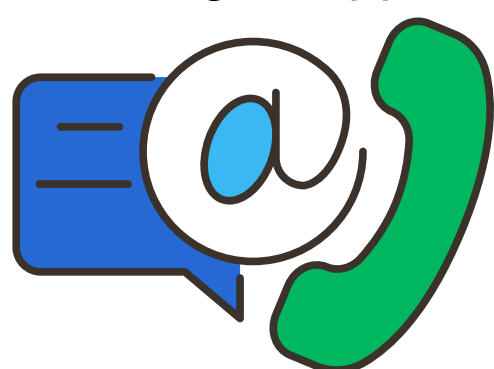
This option allows people to have a mix of options, for example using option 1 to employ a PA to support with personal care, but attending a weekly day service using option 3 to meet personal outcomes with social needs.

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CONTACT DETAILS FOR SUPPORT

West Lothian has a variety of organisations offering support across health, wellbeing, and social care. These organisations provide valuable services to help individuals and families access the right support at the right time.



CARERS OF WEST LOTHIAN (COWL)

Carers of West Lothian offers independent advice and support to unpaid carers and disabled people around SDS. The service helps people understand their options and make informed choices through workshops, peer support, and one-to-one guidance, promoting greater choice and control in social care.

<https://cowl.org.uk/self-directed-support>

ADULT SOCIAL WORK

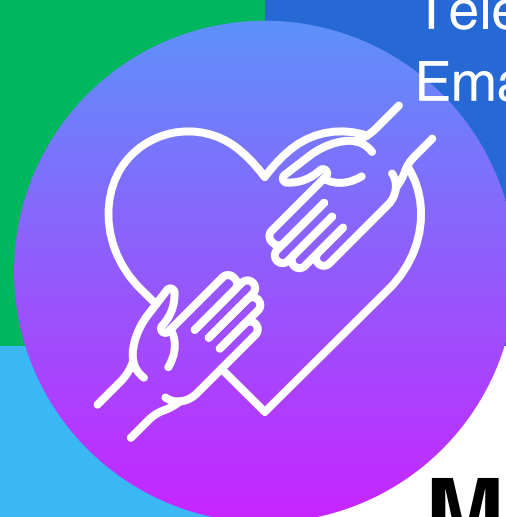
For adults who may need support, including help with daily living or care needs, should use the Self Assessment to understand their capabilities, access tailored advice and complete onward referral.

Contact the Integrated Access Point on 01506 280740 (Option 1)
email adultsocialcare@westlothian.gov.uk

PARENT CARERS OF CHILDREN (UNDER 18)

For a child under 18 who may need support, parents/carers can contact the Child Disability Service (CDS) at West Lothian Health and Social Care Partnership.

Telephone 01506 282252 or
Email: CDSDuty@westlothian.gov.uk



UNPAID CARERS

If someone is caring for another person (adult or child) and would like to request an Adult Carer Support Plan (ACSP), they can do this directly through the West Lothian Health and Social Care Partnership.

westlothianhscp.org.uk/article/86443

MORE ABOUT CARERS OF WEST LOTHIAN

We provide a wide range of services to support unpaid carers, young carers, and disabled people. Through one-to-one support, peer groups, and information sessions, we promote inclusion, empowerment, and community connection

Telephone: 01506 448000
<https://cowl.org.uk/>