Self-directed Support implementation plan 2016-18

The fundamental principles of Self Directed Support are choice and control and there are 5 principles that guide the process:

1. Involvement
2. Information and Choice
3. Collaboration – working together
4. Dignity
5. A right to take part in the life of the community

The values include: Respect; Fairness; Independence; Freedom, and Safety.


The priority for 2016-2018 is to consolidate the learning from innovative practice and the application of guidance; and to embed Self-directed Support as Scotland’s mainstream approach to social care.

To ensure the ethos and process of SDS is embedded into the everyday practice, a number of operational staff have been nominated to take on an SDS Champions role for their individual teams. In this way teams are able to access support from personnel who are close to them both geographically and operationally as well as specialist input when required, SDS Champions are now working across teams to support their colleagues.

Lindsey Flockhart has recently been appointed to the lead Social Worker role in Aberdeenshire and Sheena Thomson is now Strategic Development Officer (SDS). Sheena continues to be a key link between Aberdeenshire Council, Scottish Government and national networks in relation to SDS and ILF, taking a lead role in local implementation of the national work plans for SDS for 2016-2018.

Support Planning

Cornerstone SDS continues to provide independent SDS support services, including employment law.

A short pilot, to increase the use of the Cornerstone SDS Information and advice support planning service involved fourteen referrals and feedback is currently being evaluated.

Cornerstone SDS Aberdeenshire
25 High Street, Inverurie AB51 3QA  Tel: 01467 530 520
Email: aberdeenshire@cornerstonesds.org.uk  www.cornerstonesds.org.uk
Information Network

An information group set up initially by Cornerstone SDS to collect information to help people identify activities and support they could access with a personal budget has changed to be an information sharing networking. Representatives from a number of organisations meet once every two months to exchange ideas and useful links to information. The next meeting is planned for Thursday 31 August 2017.

Laura Hendry is now a team leader and her replacement as Resource Mapping Project Coordinator is Hannah Reynolds. Hannah is based at the Cornerstone SDS Inverurie office and continues to build on the database of resources that are available. Practitioners, supported people and carers can contact Hannah Tel: 01467 530525 Email: hannah.reynolds@cornerstonesds.org.uk

SDS Service User Reference Group

SDS Reference group members have reflected on the development of the SDS Pathway from a service user perspective. Meeting notes record what they understand is working and areas where improvements could be made. Following on from some of these discussions, representatives have been invited to meet with local SDS Champions to discuss some of the issues raised.

Discussions at meetings regularly highlight the need for information on services and opportunities. Being able to get out and about is very important to quality of life and this can become harder and harder as mobility fails or because incontinence means you worry about the availability of public toilets. This led to the group agreeing a simple guide to sources of information about where people can access toilets in their community. In addition to an Access to Toilet guide, information about benefits, an understanding of capital thresholds and information on travel concessions schemes are further ideas for information leaflets.

Representatives of the Service User Steering group continue to contribute to the SDS Support Services steering group and have also been involved in the demonstration of pre-payment cards. Under a payment card system, the service user is issued with a debit card account, which the Local Authority will make payment(s) to. The service user can use the account to purchase their care and support as they would with their own bank account. A Payment Card Working group has been in effect for some time now, which includes membership from relevant services in Aberdeenshire, as well as service user representation. The group will continue to be involved as the project progresses. The project is in the early stages at the moment. However, there will be communication with staff, service users and relevant organisations as the project progresses.
**Turn 2 Us** is a national charity that helps people in financial hardship gain access to welfare benefits, charitable grants and support services. Grampian Opportunities, Quarriers and Aberdeen Action on Disability met together to benefit from training on the use of the free and easy-to-use Benefits Calculator and Grants Search tools which can help people check what they might be able to claim or apply for. [https://www.turn2us.org.uk](https://www.turn2us.org.uk)

For more information or support to use the website, please contact Grampian Opportunities Tel: 01467 629675 or Email: info@grampianopportunities.org.uk

**How Self-directed Support applies to different groups**


**Scotland's House of Care Learning Model**

The House of Care provides a simple visual model of a house built around collaborative care planning conversations between people and their health care professionals, which then organises care and support around what matters to people and their carers, rooted in the assets of local communities. So it is a way of making Health Care more personalised, enabling, promotes user choice and control, is delivered in partnership with people receiving health care and supports people to be more connected with their local communities.

The approach has been shown to:

- Support self management, putting people in the driving seat of their care
- Improve the coordination of care around each person’s needs
- Improve both personal and health outcomes for individuals
- Improve health service use
- Improve the care experience of both people and their professionals.

You can find out more on the website: [https://houseofcare.wordpress.com/](https://houseofcare.wordpress.com/)
What Matters to You: Promoting good conversations
ASK what matters - LISTEN to what matters – DO what matters

‘What matters to you?’ day, held this year on 6 June aimed to encourage and support more meaningful conversations between people who provide health and social care and the people, families and carers who receive health and social care. The ‘What matters to you?’ question can be asked in different ways, eg:

“What are the things that are important to you at the moment?” “What are some of the things you would like to achieve as a result of this support?” “When you have a good day, what are the things that make it good?”

Better Conversations

This new short, interactive e-learning resource introduces “Jessica” and demonstrates how differing conversations between Jessica and her social care assessor have a big impact on her quality of life. The resource encourages social care staff to reflect on their own conversational style and to consider what is important to Jessica.

The resource has been developed in partnership with SSSC, Dumfries & Galloway HSCP, Renfrewshire HSCP and Scottish Personal Assistant Employers Network (SPAEN). A guide for facilitators is also being developed so that the resource can be used in a team setting.

https://learn.nes.nhs.scot/1482/elearning-digital/better-conversations
Making it easy to understand social care funded support

Discussion at the service user reference group highlights the importance of practitioners taking the time to check that people have understood what Self Directed support means for them. Clear guidelines on how a personal budget can be used and understanding of next steps relies on good communication.

www.healthliteracyplace.org.uk
Personal Experiences of Self-Directed Support

The ALLIANCE recently published a study titled “Personal Experiences of Self Directed Support”.

It’s encouraging that some of the study respondents have a positive tale to tell and have been able to use their budgets to do a range of things.

For some, the intended transformation of social care through SDS has never really happened, with uncertainty over the choices supported people have when they are making purchases with a direct payment - even where the intended expenditure would clearly lead to a more positive outcome.

The ALLIANCE is concerned that SDS is not being implemented according to its underlying rights-based values and principles and makes a number of recommendations:

They recommend that a focused and systematic response is developed involving the Scottish Government, Local Authorities, the third sector, people accessing services, unpaid carers and other relevant stakeholders.

SDS information and support needs to be more readily available and accessible in health settings like GP practices and hospitals, and through Allied Health Professionals. Substantial investment in and promotion of local advice and independent advocacy provision must be made to support people during the SDS assessment process.

Greater collaboration between health & social care colleagues is needed to promote integrated and preventative approaches through SDS. Good practice of this approach has been developed in other areas (e.g. Highlands, East Ayrshire, Forth Valley).

Aberdeenshire Unpaid Carer Information Pack

A new resource is now available to unpaid carers as well as being a resource for professionals working with unpaid carers in Aberdeenshire. This information pack is for adult and young (under the age of 18) unpaid carers who care for someone who may not be able to care for themselves. It contains information that carers and professionals told us they’d find useful to have in one place. The pack is located on the Aberdeenshire Council website at:

Why Holidays Matter

This summer Shared Care Scotland want to start a conversation on why holidays matter – to everyone. And we’d be delighted if you’d join in.

They want to get people talking about the importance of holidays and why for many carers and those they care for, having a break from their usual routine is simply not possible. Barriers to short breaks remain, and a 2012 report showed that more than half of carers surveyed had not had a break from their caring role. Financial concerns, lack of information on suitable breaks, or the complex logistics of organising equipment, accessible accommodation and suitable transport for a cared-for person, can all make a holiday seem an impossibility.

If you’d like any more information on the campaign or to talk about how you can get involved in the conversation please get in touch with Kate Hogarth, Communications Developer at Kate.hogarth@sharedcarescotland.com or by calling 01383 622462.

The Scottish Independent Living Fund (ILF) was established on 1 July 2015 – following the UK Government’s closure of the UK ILF. ILF Scotland administers the £47.2 million a year national Fund, which enables disabled people with high support needs to choose to live in their communities and lead independent lives. There are currently 2,591 ILF recipients in Scotland (correct as of 31 March 2017).

New ILF Scheme

On top of the £47.2 million of support (transferred from UK Government) for existing Scottish ILF users, Ministers have committed an extra £5 million per year to open a new scheme of ILF support.

This new ILF scheme will provide a short-term award to people aged 16 to 21, to help the transition into adulthood.

It can be used to help the young disabled person to be active, participate and contribute to their local community; aimed at helping them to reach their potential and make a lasting difference to young lives.

The new ILF scheme will open to new applications later in 2017.

Independent Living Fund Scotland
0300 200 2022 | Direct Dial: 0131 244 6424 | Mobile: 07890 559 196
www.independentlivingfund.scot
Independent Living in Scotland

The definition of Independent living highlights that the term “independent living” does not necessarily mean living on your own or fending for yourself – rather it means all disabled people having the same freedom, choice, dignity and control as other citizens at home, at work and in the community. It means rights to practical assistance and support to participate in society and live an ordinary life.

Autism Training

Aberdeenshire Partnership are currently working with the National Autistic Society (NAS) to deliver training to staff. This has included online training, Training focusing on Self-Directed Support assessments for people on the Autistic Spectrum and Training for Trainers.

Autism Innovation

Inspiring Scotland are delighted to share the Autism Innovation & Development Fund Progress Report. This has been developed from the last round of reporting by the Third Sector organisations that are supported by Scottish Government funding. Click here to access the report: http://bit.ly/autisminnovation

The report shows great progress across projects and almost 2,000 individuals in total supported through the Innovation and Development fund between 1st April and 30th September 2016 - a fantastic achievement.

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To sign up for our regular SDS Newsletter email on selfdirectedsupport@aberdeenshire.gov.uk

E-mail: selfdirectedsupport@aberdeenshire.gov.uk Website: www.aberdeenshire.gov.uk/sds
http://www.facebook.com/sdsaberdeenshire