



Self-Directed Support: Making Sure it Works

Making Sure it all works

After your assessment is complete, and your support plan is in place, the support process is not considered to be 'complete'. You, and others who matter to you can continue to ensure that things are working the way you want them to, and more importantly, you always have the right to make changes as necessary.

Living your life

Self-directed support is about making your choices about living your life. These choices will be personal to you, but can relate to things such as feeling safe, feeling connected to your community, being included in social activity, and having a form of occupation. Whatever matters most to you, you are an individual with the right to make choices about your life.

Managing your own budget

If you have chosen SDS Option 1, you will need to show that you can manage your own budget. You will be required to keep receipts and invoices, send information on how you use your budget, and check with your support practitioner if you wish to purchase services or products not in your support plan.

In the early stages of your support plan, monitoring of your financial arrangements will be more frequent. Once it has been established that your plans are working, and that your records are in order, monitoring will become less frequent.

How to make sure it all works

When everything is going well, your support practitioner will still keep in touch with you to ensure that you are happy with your support. This is done by way of regular reviews. These reviews ensure that your support plan is still working for you, and if not, what can be done to get things working again. It also provides an opportunity for you to inform your support practitioner if your circumstances have changed, and if so, how it might affect your support plan.



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Reviewing your support plan

The review of your support plan is about you and your life. It is a good idea to take some time to think about how things are going, and to consider if your plan is still working as you want it. If it is not working, it would be a good idea to think about what is not working, and what you'd like to see changed.

Involving others in your review

You can ask a friend, relative, carer, or any one you would like to help you to prepare for your review, and to help you think about how your support plan is working for you.

After your review

After your review, you should have a good understanding of what is working for you, and what could be improved in your support plan. You will also have agreed if any changes are to be made, and if so, what needs to be done for these changes to take place.

You do not need to wait for your scheduled review. If you want to talk about any aspect of your support plan, either speak to your support practitioner, or get in touch with the Dundee Health and Social Care Partnership to request an early review.

Getting in touch

If you would like more information, we would be delighted to hear from you. You can reach us the following ways:

- Email: firstcontact.teamadmin@dundeecity.gcsx.gov.uk
- Telephone: 01382 434019
- Post: First Contact Team, Dundee & Angus Independent Living Centre, Charles Bowman Avenue, Dundee, DD4 9UB