



## Self-Directed Support: Making Your Support Plan

### What happens after your assessment

Once your assessment is complete, and your outcomes have been agreed, the next step will be for you to develop your support plan together with your support practitioner. Your support plan will be personalised to suit your own circumstances, meaning that you can be creative with the available sources that might work for you.

An estimated budget will be produced to help you to think about the different ways that your support might be arranged.

### Writing your support plan

You can write your support plan together with your support practitioner, and if you wish, any relatives or friends you wish to become involved. The plan states the things which matter most to you, and the outcomes you want.

### Available supports

The ability to choose the best services and supports to meet your outcomes is a key part of self-directed support. Your plan might include more typical services such as personal care, and some services that are freely available to people within a community. Other services can be provided by a broad range of organisations. Dundee Health and Social Care Partnership has a web site where people in Dundee can discover the services and supports available to them. You can visit this site at <https://dundee.mylifeportal.co.uk>.

### How is your plan agreed?

Once your plan is made, it will be checked by Dundee Health and Social Care partnership to ensure that it meets your outcomes, it is clear and specific, it is within your budget, and that the budget is being used sensibly and legally. Once your plan is agreed, your budget will be confirmed and you can proceed to setting up your support, and making your plan work for you.

### What if your support plan is not agreed?

Your support plan might not be agreed, and in this case, you will be contacted by your support practitioner. They will explain to you the reasons why it has not been agreed. If this happens, your support practitioner will work with you to make some changes that allow your plan to work.



## Self-Directed Support: Making Your Support Plan

### How to get in touch with us

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](mailto:firstcontact.teamadmin@dundeecity.gcsx.gov.uk)
- Telephone: 01382 434019
- Post: Dundee & Angus Independent Living Centre, Charles Bowman Avenue, Dundee, DD4 9UB

### Steps to Getting Support

