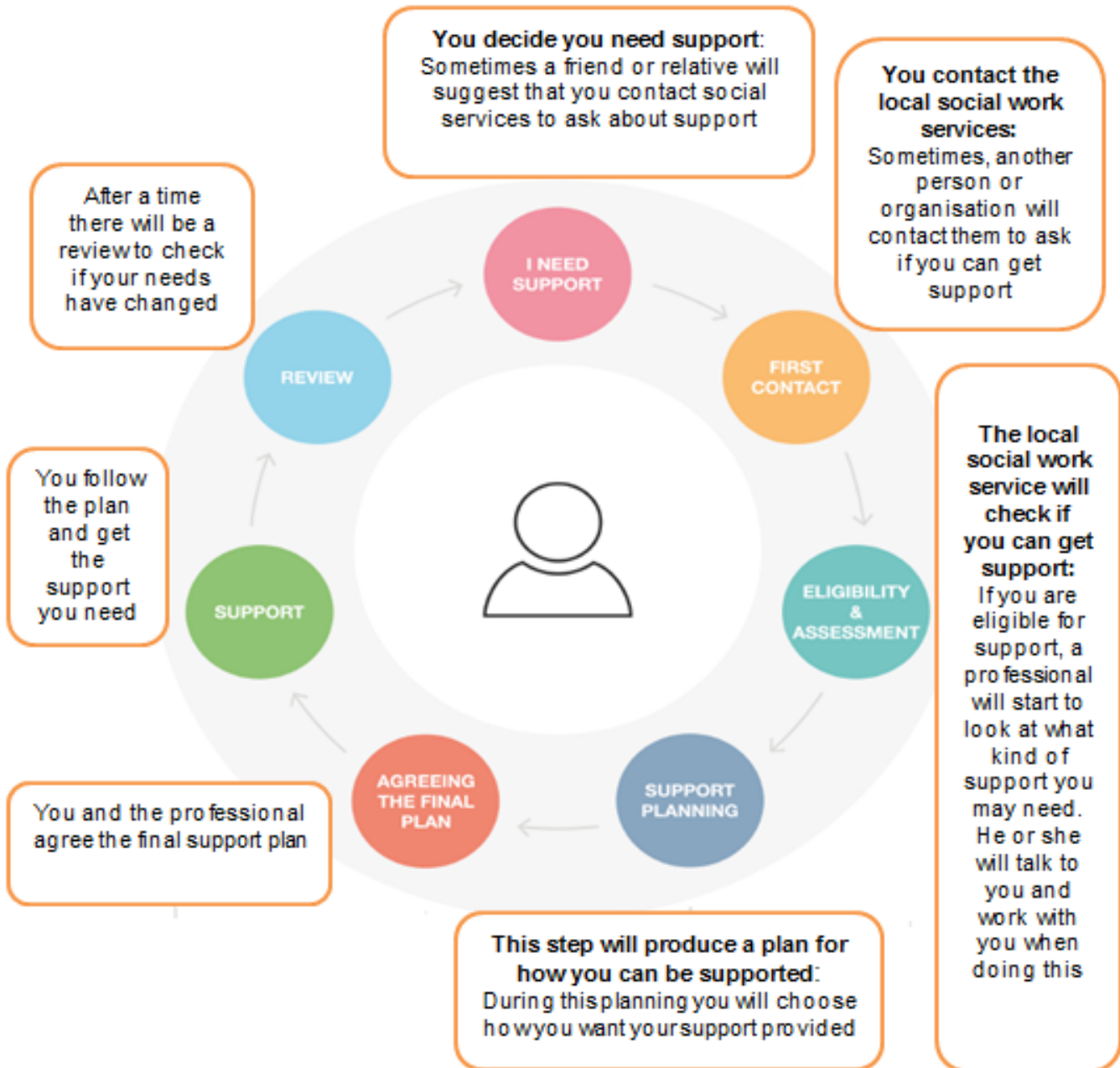




Self-directed Support: Steps to Getting Support





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Steps to getting support to enable you to achieve your personal outcomes

Step 1: First Contact

The first step is get in touch with the following:

**Dundee Health and Social Care Partnership First Contact Team. Telephone 01382 434000 if over 16 years of age, or
Childcare and Protection Services. Telephone 01382 307940**

You can get in touch yourself, or someone who cares for you such as a friend, neighbour, doctor, or family member can make contact on your behalf. The consent of the supported person is required. ***(Please see the leaflet on consent and capacity)***

Step 2: Initial Assessment

This is an opportunity for you to have a discussion with care manager or social worker about what is happening in your life, what are your priorities, what is it you want to do, and what might be stopping you from doing this.

Together, you can discuss how you can be supported to live independently and meeting your personal outcomes.

We will discuss with you what support is required to enable you to live independently. For example, you might want help with getting out and about within the community or day-to-day care such as bathing and dressing.

Where there is a lower risk to your ability to live independently, we will offer you information and advice. For example, you might be having some difficulties, but can manage most aspects of daily living without support.

You may not be eligible for all your outcomes to be met as previously defined in the eligibility criteria. We will meet with you to discuss your needs, and we will usually arrange to meet with you in your home.

Step 3: Outcome Focussed Assessment

The outcome focussed assessment is a continuation of the first conversation that took place at the initial assessment. Assessments may involve more than one meeting with you. Your meetings can involve a care manager or social worker from the Dundee Health and Social Care Partnership. You may also want to have a family member, carer, friend or anyone else who is important in your life present at this meeting.

Step 4: Personal Outcomes Plan

If we have agreed with you that you are eligible for care or support to assist you to meet your personal outcomes we will develop your personalised support plan with you.



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Each of the four different options of support within the Self-directed Support framework will be discussed with you so you can make an informed decision about which option would suit you best. Once this is agreed, you will receive a copy of your care plan.

SDS Framework

The options available to the supported person as set out in The Social Care (Self-directed Support) (Scotland) Act 2013 are intended to enable flexibility and creativity outlined by the social welfare and wellbeing duties relating to both adults and children. The four options for self-directed support are:

- Option 1 – A Direct Payment
- Option 2 – Directing the available Support: The person is responsible for directing their care and support arrangements, and the Local Authority manages the finances
- Option 3 – The Local Authority arranges the services on the person's behalf
- Option 4 – A mix of the first three options

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
- Telephone: 01382 434000
- Post: Floor 2, Dundee House, 50 North Lindsay Street, Dundee, DD1 1NF