

LIVE LIFE YOUR WAY!

A Guide to Self Directed Support
for people with mental health problems



**RICHMOND
FELLOWSHIP** 
MAKING RECOVERY REALITY

WHAT IS SELF DIRECTED SUPPORT (SDS)?

Self Directed Support is a new system that gives **YOU** more choice and control over your life and the support you receive.

Another term you might have heard of is 'personalisation', which is a different way of describing the same principle. SDS enables you to live your life your way, as you are in control of your money and your support. For example, you may want to employ a personal assistant to help with everyday tasks, or use your money to join a gym, or learn a new activity.

With SDS:

- you know how much money you have to spend
- you choose how to spend the money to get the support you need
- you get the same chance to do what you want as other people do

This guide is to help you understand the stages involved in getting the money for your support



CAN YOU GET SELF DIRECTED SUPPORT?

Your Care Co-ordinator will need to complete a **FACS** (Fair Access to Care Services) assessment for you. Your Care Co-ordinator is the person who assesses the support that you need, and could be your Community Psychiatric Nurse, your GP or another member of the Mental Health Community team.

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The **FACS** assessment will include information about:

- your diagnosis and treatment
- how this affects your life
- what support you need to live happily and safely

From this information, your Care Co-ordinator will know if your level of need is; Low, Moderate, Substantial or Critical. If your needs are assessed as Low level, then you will not be able to get SDS, but...

there may be other services locally who can help you, so please contact your Local Authority. Your Care Co-ordinator will help you to find different ways of getting the support you need.

If your needs are assessed as Moderate you may be eligible for SDS. If your needs are assessed as Substantial or Critical then you will be able to get SDS.

YOU DECIDE HOW **YOU** W

WELFARE BENEFITS ASSESSMENT

You may have to pay towards the cost of social care services. The council says that some people have to pay towards the cost of their support. It all depends how much money you have.

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TOP TIP
Have your
paperwork ready

Welfare Benefits Advisor

The council will arrange for a Welfare Benefits Advisor to visit you to work out if you need to pay towards your support. They will talk to you about how much money you have. They will make sure you get all of the benefits you are entitled to. All of the information you give will be kept safely and privately.

SELF OR SUPPORTED ASSESSMENT

A way of finding out how much support you need to live your life the way you want to, but still making sure that you stay safe and healthy.

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You can complete the assessment on your own (self assessment) or you can ask someone to help you – a friend, family member, advocate (supported assessment).

TOP TIP
Ask a friend you
trust to give you
moral support

Your Care Co-ordinator will talk with you about your answers.

Your Care Co-ordinator will use this assessment to work out how much money you will get to spend on the support that you need.

This money is called your Personal Budget or Individual Budget.

WANT TO MANAGE THE MONEY!



YOUR SUPPORT PLAN

4 Making a Support Plan helps you work out what's important to you and how you can use your budget in the best way.

You can: write it, draw it, film it, make a tape.

Your Support Plan will show people:

- how you will get the support you need
- how to live the life you want and how you will spend your Personal Budget

When your Care Co-ordinator has agreed your Support Plan, then you can get your Personal Budget.

TOP TIP
Think clearly and
take your time to get
the best results

ORGANISING YOUR MONEY

5 There are different ways you can organise the money:

Direct Payments

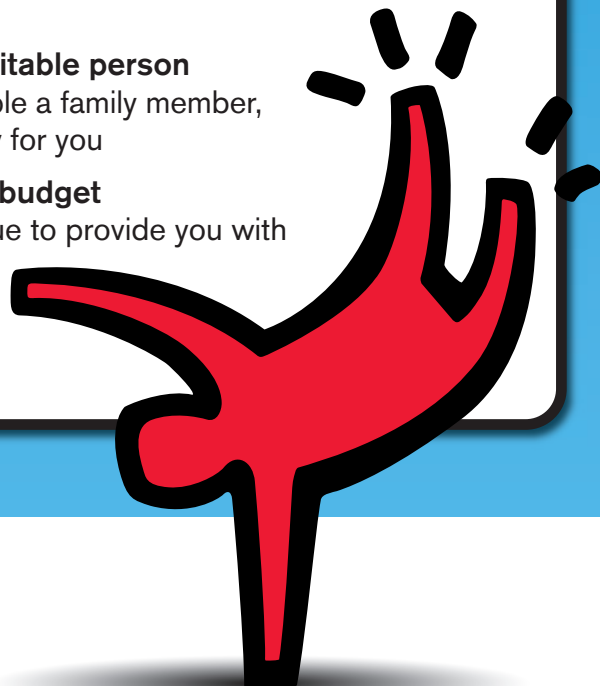
The council pays money straight into a bank account for you

Direct payment - Suitable person

Someone, for example a family member, manages the money for you

Council managed budget

The council continue to provide you with a service directly, (rather than giving you the money)



LIVE LIFE YOUR WAY

Your Personal Budget should be allowing you to live your life your way. You should:

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- be getting the support you want and need to achieve your goals in life
- feel safe and in control of your life
- have friends and relationships
- be getting the same chance to do what you want as other people do
- have something interesting to do during the day and feel part of your community

if you want to know more contact your:

Care Co-ordinator, local Community Mental Health Team/GP or your local RF Service.

There may also be a broker service in your area – your Care Co-ordinator can help.

FOR MORE INFORMATION

Please contact your local Service:

Local Authority contact number:

Alternatively for more information about RF and our Services, please contact the **Executive Support Team** on: **020 7697 3359** visit: **www.richmondfellowship.org.uk** or email: **info@richmondfellowship.org.uk**

