



Self Directed Support
choice • control • independence

self directed support

the
carer
guide



November 2017

Are you caring for someone?

You are a carer if you provide substantial and regular care for a family member, friend or neighbour who could not manage without this help. This could be caring for a child, parent, sibling, partner or friend who is ill, frail, has a disability or mental health issue.

Why do carers need support?

Carers may need support because, although caring is rewarding, it can be very difficult at times. Carers can experience poor health and well-being due to their caring role. They may feel isolated because their caring means they do not have the time or money for other things. This may include work, hobbies, spending time with friends and family or going on holiday. To care safely and stay healthy in their caring role, carers need information, support, respect and recognition from all who are in contact with them and their families.

What is Self Directed Support?

Self Directed Support (SDS) is a flexible way of providing social care support that means individuals, including carers, have informed choice and control over what kind of support they get. It focuses on working together to meet assessed need and to promote positive outcomes for everyone involved.

In order to determine if you are eligible for support as a carer, you will need to have an assessment of your support needs, which is your legal entitlement as a carer.

My Carer Journey to Self Directed Support



What is an assessment for me as a carer?

This is a conversation about how the caring role impacts on your life, and what support you need. It is not an assessment of your ability to care.

The member of Trust staff, who is already involved with the family member or friend that you are caring for, will complete the assessment with you. If you do not already have contact with a member of staff, you can contact the Trust Carer Service in your area who will direct you to the appropriate team. (See Trust Carer Service contact details on page 5).

If you are a **young carer**, under 18 years of age, you can also have an assessment in the same way as an adult carer. This may involve your parent or guardian.

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What happens after the assessment?

Following the assessment, if you meet the eligibility criteria for social care funding, you will have the opportunity to complete your individual **Support Plan**. This will be based on the support needs identified and must be agreed with the member of Trust staff.

What is involved in completing a Support Plan?

A Support Plan focuses on the outcomes you want to achieve and is not just about services; your personal support plan can be completed with help from friends or family and in partnership with a member of Trust staff. It should be realistic and achievable. It should identify any risks to your health and wellbeing or the caring situation. It should also include what plan you would put in place in an emergency to manage any risks.

What support may be available to assist me to achieve my outcomes?

Your Support may include:

- Information and advice
- Contact with carer groups
- Carer support activities
- A personal budget to assist you with a short break.

Where can I get more information and support?

You can speak to the member of staff already involved with the person you care for. Alternatively you can speak to someone from your **Trust Carer Service** on one of the numbers below.

Belfast Trust **028 9504 6108 / 028 9504 6702**

Northern Trust **028 2766 1377**

Southern Trust **028 3083 4252 / 028 3083 4279**

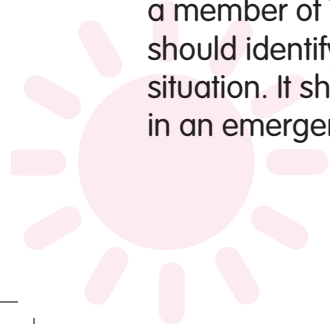
South Eastern Trust **028 9756 5456**

Western Trust **028 6634 4163 / 028 7135 5023**

Information on Self Directed Support can also be found on the Health and Social Care Board Website:
www.Hscboard.hscni.net/SDS

Pages 6 and 7 show areas which should be explored and form the basis of your Support Plan.

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Developing a Support Plan: 7 Questions

Question	What this should include
1. What is important to me?	Your Strengths, including what others appreciate about you. Significant people in your life. Important routines, activities, interests. What matters to you. How you like to be supported. Dreams and aspirations.
2. What I want to change and achieve?	Changes you want to make. Positive, achievable goals that are personal to you. Eg. Where you live; What you do; Your Support; Short and long term.
3. How will I be supported?	What is needed to support you? Include enough detail for others to know how best to support you. Cover health issues and safety. Deal with any risks. When? Where? Who? Include 'natural' supports and paid supports.
4. How will I use my personal budget?	A breakdown of how the money will be spent. Include detailed costs (in and out). Who will the money be paid to? Weekly; Monthly; Yearly
5. How will I manage my support?	Meet legal requirements Clear responsibilities to deal with issues Have a backup plan Specify review arrangements
6. How will I stay in control?	How will you make decisions? Important decisions in my life; How must I be involved; Who makes the final decision?
7. What will I do to make this plan happen?	Clear Action Plan What? Who? When?

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Developing a Support Plan: Your Notes

Question	What this should include
1. What is important to me?	
2. What I want to change and achieve?	
3. How will I be supported?	
4. How will I use my personal budget?	
5. How will I manage my support?	
6. How will I stay in control?	
7. What will I do to make this plan happen?	

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Western Health
and Social Care Trust

www.westerntrust.hscni.net



Belfast Health and
Social Care Trust

www.belfasttrust.hscni.net



Northern Health
and Social Care Trust

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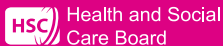
Southern Health
and Social Care Trust

www.southerntrust.hscni.net



South Eastern Health
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Health and Social
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For additional information about Self Directed Support please
contact your Health & Social Care Trust Implementation Officer.