

Dosh self-directed support factsheets

An introduction to self-directed support



support

Self-directed support allows you to choose how your support is provided to meet your agreed needs and outcomes. You choose how to spend and manage the money for your support.



control

Why self-directed support?

The aim of self-directed support (SDS) is to give you **choice and control** over your support. It means having support that suits you as an individual and can change more easily.



local authority

Who is eligible for self-directed support?

If you are eligible for support from your Local Authority, you are eligible for self-directed support (SDS). The law* says that Local Authorities must assess the needs of people who may need care and support. If those needs are eligible, they must think about how to meet those needs.



assessment

What are eligible needs?

These are things that you need support to do, for example eating, or moving around, and that have a big impact on your wellbeing. Your Local Authority should assess what you need support with and tell you which things they can fund. These are called eligible needs. The funding from the Local Authority to meet these needs is called your **personal budget**.

* The Care Act (2014) applies in England and Wales. In Scotland the Social Work (Scotland) Act 1968 gives Local Authorities the duty to assess and the Self-Directed Support (Scotland) Act gives the duty to offer 4 options of SDS.



What are the options with a personal budget?

Once you have a personal budget, you can choose:

- a. how you want to be supported
- b. how to take and manage the money from your budget, for example as a direct payment or managed budget.



1) Direct payment

- One option is for you to take your **personal budget** as a **direct payment**. This is where the money that is needed to meet your needs is transferred to you and you can then choose who you buy support from.
- This gives you a lot of choice and control over how your support is arranged.
- It is a big responsibility, as you have to keep records about how your funds are being used. You can get help with this from family, friends or an organisation.



Indirect payment

- If you cannot choose to have a direct payment yourself, (because you lack capacity for that decision), someone else can choose and manage the direct payment for you.
- A **responsible or suitable person** may be chosen to manage the funds on your behalf. The payment is indirect as it is sent to a nominated person who will act for you.



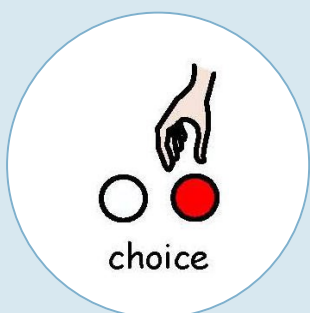
2) Individual Service Funds (ISFs)

- Another option is to have the funds managed by the support provider or other organisation. This allows you to have some choice and control, but takes away the responsibilities of managing a direct payment.
- Using an ISF is a way in which a support provider can work in partnership with you to deliver the support you want. Providing flexible support means working with you to design, develop and manage the best possible support, and being able to make changes easily when necessary.



3) A managed budget and service

- You may wish to allow the Local Authority to continue arranging your support, as they have done in the past. The Local Authority will use the funds in your personal budget to meet your needs.



4) A combination

- You may want to take some funding yourself and have other parts managed by another organisation or the Local Authority. You can mix the options so you can manage each part of your support in the way you want.



Find out more about self-directed support and get support to manage your budget at dosh.org/learn-about-money/care-and-support-funding/.