

Will Self Directed Support Affect my Benefits?

No. Self Directed Support is not considered as personal income so it won't affect your benefits.

Where can I get More Information About Self Directed Support?

Speak to your key worker or the Trust Self Directed Support Implementation Officer for more information.

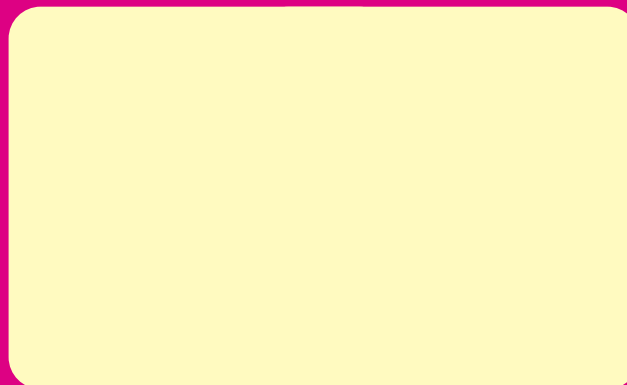
Information on Self Directed Support can also be found on the Health and Social Care Board Website



www.hscboard.hscni.net/SDS

Support is also available from the Centre for Independent Living at <http://www.cilbelfast.org>

For further information on Self Directed Support please contact:

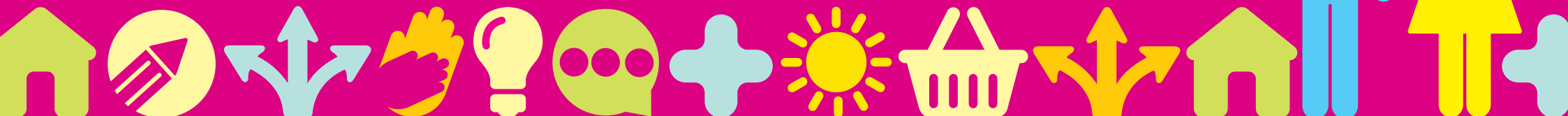


For copies of this leaflet in large print and other languages contact the Trust Self Directed Support Implementation Officer:

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self directed support for support that's as individual as you are



'Self Directed Support allowed me to do all I could to help dad stay at home which was his wish'

The Trust in partnership with the Health and Social Care Board are introducing a new way of delivering Social Care Services called Self Directed Support.

Self Directed Support provides much more choice and flexibility to individuals and families allowing them to tailor a package that best suits their lifestyle. This allows the individual or the family to live their lives in the way they want to.

What is Self Directed Support?

Self Directed Support allows individuals and families to have informed choice about how support is provided to them with a focus on 'working together' to achieve individual outcomes.

Self Directed Support allows people to choose how their support is provided and gives them as much control as they want over their personal budget.

Self Directed Support includes a number of options for getting support. The individual's personal budget can be:

- Taken as a Direct Payment
- A managed budget (Where the Trust or a 3rd party organisation holds the agreed budget but the person is in control of how it is spent)
- The Trust can choose and arrange a service on your behalf.
- Or a mixture of all three.

How do I get Self Directed Support?

Self Directed Support is available to those who have been assessed as being in need of social care support.

If you do not already receive social care support you will need to ask for an assessment from a social worker or keyworker to ensure that you are eligible.

Following the assessment, a personal budget will be agreed to meet these support needs.

You will then agree a support plan with your social worker or key worker.

You can then decide how you want to direct your support using the options available.

If you need support to organise your care you can ask the Trust, family members or a friend to help with this.

In this way individuals are empowered and supported to exercise choice and control over their social care support, promoting independence and allowing them to live their lives in the way they want.

Self Directed Support is not replacing traditional services and people can continue with their existing package. Self Directed Support is simply another option that allows people and families to have more flexibility, choice and control over the support they receive, such as,

- Employing your own personal assistant or having support staff visit at a time that you choose
- Flexible options for short breaks
- Accessing community opportunities.



'The activities that we have put in place through Self Directed Support are great ... they've changed my son's life and given me a break when I needed it.'