

## The Aberdeen City Health & Social Care Partnership is the integration authority for Health & Social Care in Aberdeen City

It is a formal public body under the Public Bodies (Joint Working) Scotland Act 2014. It is responsible for planning and delivering health and social care services from NHS Grampian and Aberdeen City Council for the people of Aberdeen.

We are committed to improving the health and wellbeing of local citizens and to becoming one of the leading partnerships in Scotland.

## Where can I get more information on Self-Directed Support?

### Self-Directed Support Team

Aberdeen City Health & Social Care Partnership  
Aberdeen City Council  
Business Hub 8  
1st Floor North  
Marischal College  
Broad Street  
Aberdeen AB10 1AB

Telephone:

**01224 523837**

Email:

**SDSHelpline@aberdeencity.gov.uk**

MyLife Portal:

**<https://aberdeencity.mylifeportal.co.uk>**

This document is available in various formats and languages. Please call **01224 523837**.

Detailed factsheets on the four options and other relevant information are available on the MyLife Portal.



Aberdeen City  
Health & Social Care  
Partnership

*A caring partnership*

## What you need to know

# Self-Directed Support

**Self-Directed Support** Aberdeen



**NHS**  
Grampian

**Self-Directed Support** Aberdeen



**NHS**  
Grampian

## What is Self-Directed Support (SDS)

- Self-Directed Support (SDS) legislation gives you control over how you receive your care and support.
- SDS enables you to choose how much control you want to have of your personal budget and how this will be spent to meet your assessed outcomes.
- You can choose what your support will look like and how you will be supported.
- Within Self-Directed Support there are 4 options available to you for managing your care and support.

## How do I get Self-Directed Support?

You will be entitled to Self-Directed Support if you've been assessed as eligible to receive a service from Aberdeen City Health and Social Care Partnership or Aberdeen City Council Education and Children's Services.

A referral can be made by you, a family member or a professional to request an assessment to determine your eligibility for care and support services.

## Option 1 Direct Payment

This means you manage your own personal budget and you are responsible for ensuring it's spent to meet your identified needs, in agreement with your allocated worker.

You can employ your own personal assistant or use an agency registered with the Care Inspectorate. Option 1 is suitable if you can manage your personal budget and support, or where someone has legal powers to manage the money on your behalf.

## Option 2 Directing Your Support

This means you or your legal representative have choice and control over your support from a registered agency but you don't have to manage the money. You cannot employ a personal assistant through Option 2.

You're in control and make all the decisions about how you will be supported. You decide, with your allocated worker, what you want to purchase – and it will be paid for on your behalf by Aberdeen City Council or ACHSCP, or a separate 3rd party Individual Service Fund provider.

## Option 3 Local Authority Arranged Support

This means you ask your allocated worker to buy and pay for your services and support from providers which have contracts with Aberdeen City Council or ACHSCP. Your allocated worker will discuss with you what's available to make sure you get the right support for your identified needs.

## Option 4 Mix and Match

This means you have the flexibility to choose parts of Options 1, 2 and 3 in a way that best meets your identified needs. You can mix the options, so long as you stay within your personal budget and your allocated worker agrees that this is the best choice for you. You are in control and your allocated worker will give you ongoing support.

## Am I eligible for services?

The Aberdeen City Health and Social Care Partnership or Aberdeen City Council Education and Children's Services have their own eligibility criteria for providing services. To have your eligibility for services identified an allocated worker will carry out an assessment. Once you have been assessed as eligible for support you will be offered SDS and the 4 options will be discussed with you. If you are subject to certain Criminal Justice Orders you will not be eligible for SDS.

## What if I'm not eligible for services?

If you are assessed as being ineligible for support the allocated worker will signpost you to agencies, providers, organisations and community services that can provide you with further information and advice.