It’s all about you

A children’s guide to understanding about choice and control through Self-directed Support
Hello!

Aberlour is a children’s charity. This means we do lots of different things to help make the lives of children and young people better.

There are some big changes happening in social care that can help you and your family to live a good life. We’re going to tell you about them here.

Your support

First, let’s start with you. Did you know, if you need support, it’s very important that you have your say in decisions about that support?

You should be at the centre of making your support plan. If you have more of a say about your support, you are more likely to get the most out of it, and live the life you want to live.

“I love animals and I’d like to spend more time with them. I’d like to have support to visit a farm on Tuesday. I feel healthier and happier when I’m outside.”

Cathy
What’s new?

The Government and Councils are all talking about personalisation and Self-directed Support.

These are just fancy ways of talking about how important it is for you to have a say in the decisions and planning around your life.

It means that the people who support you, and are in charge of making plans, need to listen to you. This is called being person-centred.

Personalisation means making sure that support services fit around your interests and needs, instead of fitting you into a service.
Self-directed Support

The Government gives money to Councils all over Scotland to pay for services. Social Work Departments use this money to provide services, or to pay for services from organisations like Aberlour.

Sometimes, families have found that this way of doing things isn’t very good, because families need to fit into the services that have a certain way of doing things.

Self-directed Support (SDS) is a different way of doing things. The Social Work Department will calculate how much money you can use (your individual budget) for support.

Through SDS, you or your family can spend your individual budget on services that support your health and wellbeing, for example, things that you find fun where you can meet friends.

You or your family can manage this budget (Direct Payment), or the Council can manage it for you. But whoever manages the budget, you and your family say how it is spent.

That’s why it’s called Self-directed Support – you are the director.

But, if you and your family prefer, the Council can still arrange the support they think is best for you.

Are you under 16?
Up until you are 16, your parent or carer can manage the money, or tell the Council how to spend it for you.

Are you 16 or over?
When you turn 16, you may be able to manage the money yourself, or tell the Council how to spend it. But, if needed, your parent or carer can still manage things for you.
If you are choosing SDS, these are some things you can think about and ask:

SDS can be used for:
- A short break
- Support to attend local activities, clubs and events
- Support at home

SDS cannot be used for:
- Anything illegal

SDS should help you have the things in place that keep you safe, happy and well.

- Being listened to
- Doing the things I like
- Having the support to do normal things
- Planning the things I’d like to achieve in the future
- Liking and trusting the people that support me
Find out more

If you would like any more information about Self-directed Support or Aberlour’s services, you can go to our website:

www.aberlour.org.uk

Or you can phone, write to or email us:

**Telephone:**
01786 450335

**Address:**
Aberlour Child Care Trust,
36 Park Terrace,
Stirling, FK8 2JR

**E-mail:**
enquiries@aberlour.org.uk

**Fax:** 01786 473238