



Self Directed Support in Clackmannanshire and Stirling

Factsheet 4

Living your life and making sure it all works

Your assessment is complete, you have chosen the best way to arrange your support, your support plan is agreed and you now know your final budget. Your support plan has now started.

What happens next? Firstly, you live your life the way you intended. Secondly, you (and others you are in contact with) keep checking that things are working the way you want them to.

Living your life

Self Directed Support is about living your life your way. Most citizens want some of these things in life:

- To feel safe
- Have a nice place to live
- Have friends and relationships
- Have a job or something to do in the day
- Be part of their community

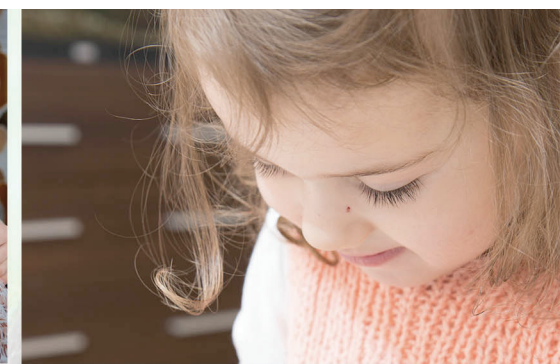
Everyone is different – an individual. Whoever you are and whatever support you need, you are a citizen, an individual with the right to live your life as you choose.

What happens if I manage my own budget?

You will need to show that you can manage your budget. To do this you need to:

- Keep receipts and invoices
- Send us information on how you spend your Individual Budget
- Check with your social care worker if you wish to spend your Individual Budget on services/things not in your support plan

Monitoring of services and financial arrangements will often be more frequent in the early stages of managing your own budget. Once we are satisfied that your arrangements are working and your records are in order, the monitoring is likely to be less frequent.





How do I make sure It all works?

Even if everything is going well, a social care worker will contact you regularly to make sure you are safe and happy with your support. We do this by carrying out a review of need.

What is a review of need about?

- Ensuring your support plan is helping you achieve the outcomes and goals you agreed and if not, how this can be fixed
- Finding out whether your needs and circumstances have changed
- Making sure you are healthy and safe
- Checking your budget is still being used for the purpose for which it was provide

What sort of things should I think about before the review?

This review is about you and your life, so try to take some time beforehand to ask yourself how things are going. Here are some questions to think about:

- Have I been able to change the things I wasn't happy with?
- Have I been able to do the things I wanted to do?
- Do I feel in control of my life?
- What kind of support am I using?
- What is working and what is not?

Can I involve anyone else in the review?

You could ask a family member, friend, your carer, an advocate or a support provider to help you prepare for the review, and help you think about how you would answer the kinds of questions listed above

What happens after the review?

After the review, you should have a good idea of what's going well and what isn't going so well in your plan. You will also have agreed whether or not you want to make any changes, and if so, what you need to do.

If your needs change between reviews, you can contact your Social Services Department and ask for an early review.

Get in touch

If you or your representative would like more information, please contact us

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