

# How to get support



## Fact sheet

An equal society for every person who has a learning disability

# How to get support

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Whether you're a carer, an adult who needs support, a child or young person, you have the right to an assessment for support.

## 1. Finding out if you need support

If you need support, first you need to have a Social Work assessment. Depending on where you live, your local authority will have different ways of carrying out this assessment.

## 2. Contacting social work

It's sometimes a good idea to talk to independent support organisations before you call the local Social Work Department. Some local authorities might include the first phone call you make as part of the assessment, so it's a good idea to get some help before you call.

## 3. Eligibility and assessment

When you contact the local authority Social Work Department, and you meet their criteria for support, they will take you through a guided self assessment. This may be slightly different for each area, but you should be supported through the process by an allocated social worker. You can also ask for support from independent support organisations, who can help you through the assessment planning process.

## 4. Support planning

Planning your support should be about focusing on what's important to you in life. With Personalisation and Self-Directed Support (SDS), you can have as much control as you want.

First you will decide what your support will look like and who you want to provide your support. For example:

**Option 1** – Organising your support yourself employing your own help or purchasing equipment to help you meet your personal outcomes.

**Option 2** – Choosing a independent provider such as ENABLE Scotland, to organise your support with you

**Option 3** – Choosing a local authority to arrange your support

**Option 4** – A mixture of Options 1,2 or 3.

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When this plan is agreed by the social work panel, you will be allocated an indicative budget.

You can choose to involve as many people as you like in planning your support. For example, some people like to include family members and friends, as well as different support organisations. If you choose to plan your support in this way ENABLE Scotland can help you think creatively about how to get the best out of your support.

### **5. Reviewing your support**

You should get the chance to review your support every year with the Social Work Department. However if you want to change things, you don't have to wait for an official review. You should be able to talk to your support provider at any time, and we can help with this if you need support.

#### **Useful links**

[www.gov.scot/Topics/Government/localg/usefullinks](http://www.gov.scot/Topics/Government/localg/usefullinks) - for help finding your local Social Work Department

[www.siaa.org.uk](http://www.siaa.org.uk) - The Scottish Independent Advocacy Association

[www.selfdirectedsupportscotland.org.uk](http://www.selfdirectedsupportscotland.org.uk) - Self Directed Support Scotland

[www.alliance-scotland.org.uk](http://www.alliance-scotland.org.uk) - Health and Social Care Alliance Scotland

# Glossary of Terms

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## Direct Payments

A Direct payment is a cash payment that the social work department can give you instead of arranging a care service for you.

## Individual Service Fund (ISF)

An Individual Service Fund (ISF) is one way you can get support to manage your Individual Budget. You will remain in control of your budget, but ENABLE Scotland will hold the fund for you and help you to manage it.

## Natural Networks

Your family, friends, workmates and connections are all part of your natural networks. They can introduce you to others who can help you to reach your goals. People who are part of your natural networks are not paid to be in your life.

## Personal Outcomes Support Plan

A personal outcomes support plan will include information about the things that are important to you in life. It will also help you focus on the things you want to achieve - like getting a job or learning a new skill.

## Personalisation

Personalisation looks at your whole life, not just your care needs. It's about working towards the future that you want, using your strengths, gifts and talents, and using those resources to make your contribution in the community.

## Self-Directed Support

This is about being treated as an equal and having control over your own support. You can choose how much control you want by selecting one of the 4 options.

## Guided Self Assessment

The Self Evaluation Questionnaire (SEQ) is a form with questions that gives you the chance to take control and say what you want out of life. The questions help to find out about your strengths, the things you like doing and who you want to do them with.

If you need any help to fill in the form ENABLE Scotland can help.

**Need more information please contact**

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