

Your Individual Budget

# Self Directed Support



## Self Directed Support – your Individual Budget

*After you have been involved in the assessment and support planning process you will be notified of your individual budget: this is the amount of money we have agreed will meet your eligible assessed needs and outcomes.*

Your agreed support plan will be personalised and tailored to your needs and choices. The individual budget will be used to meet your outcomes and will have been agreed between you and your social work / health practitioner.

Your income will be assessed and you will be advised if you should contribute to your support budget.



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## Glossary

### **Assessment**

Helps us to learn about you: what is important to you, what you want to do and what support you need to help meet your outcomes.

### **Social Work / Health Practitioner**

A person who may be involved in assessing your needs i.e. Social Worker, Home Care Organiser, District Nurse etc.

### **Outcomes**

What you want to achieve, your goals in life.

### **Carer / unpaid carer**

A relative or friend who is involved in providing unpaid care to you.

### **Eligible Needs**

The way that social work can ensure that they are giving support to the people most in need.

### **Personal Assistant**

Someone you specifically employ and pay to provide you with care and support.

### **Support plan**

A plan that brings all your needs and outcomes together and is an agreement between you and your social work / health practitioner as to how you are going to reach your goals.

## What I can spend my Individual Budget on?

Meeting your assessed needs and outcomes.	Personal care activities which includes support with washing, dressing, meal preparation, medication etc.
Employing personal assistants including associated costs for example travel (when escorting you to an activity).  You should consider other methods of funding i.e. travel, cinema and leisure cards specifically for carers.  (Applies SDS Option 1 only)	The purchase of aids and adaptation equipment to support you to meet your needs e.g. telecare, handrails etc.  The equipment must be assessed as suitable and may remain the property of the Health and Social Care Partnership.
Buying support to attend employment, volunteering, or education opportunities.	Carer Support – activity or resources that will support the unpaid carer to continue in their caring role.
Purchasing support to attend activities or paying for activities / services that will assist you to be more involved in your community and enhance your leisure and social opportunities.	Short breaks or holiday: ensuring that the type of short break will meet your needs and outcomes.

## What I might be able to spend my budget on but requires further discussion with your Social Work/Health Practitioner?

Transport / travel costs	Training courses / educational courses.
Any activity, equipment or support that has not been identified and agreed as meeting assessed needs and outcomes.	Alternatives to residential / nursing home care.
Employing a family member or friend as your personal assistant.  (Applies to SDS Option 1 only)	Specialist therapy services for example: physiotherapy, hydrotherapy etc.
Purchasing particular equipment i.e. computer, mobile phone, tablets, notebooks, sports equipment, touch screen software, voice recognition software etc.	Ongoing maintenance costs for equipment which has been purchased using your individual budget.

*Why does it need more discussion – we need to ensure that the budget is spent on support, items or activities that will meet your needs.*

## What I cannot spend my Individual Budget on?

Services or equipment that would be provided by another service or organisation i.e. dietician, speech and language therapy, education.	Permanent residential / nursing care.
Support that can be provided via other means i.e. community assets for example local lunch club, youth club, friendship circle.	Paying off debts.
Employing a Power of Attorney or Welfare / Financial Guardian as your Personal Assistant or to pay for legal costs associated with establishing legal powers.	General household expenditure e.g. insurances, rent / mortgage, utilities, food/drink, furniture, television licence (this list is not exhaustive).
Gambling, alcohol, tobacco or any illegal activities.	You cannot use your individual budget to pay your own contribution to your care.
Rewards and gifts for carers.	Food / eating out.

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## Contact information

Adult Community Care Team  
10 Saramago Street, Kirkintilloch,  
Glasgow G66 3BF  
Tel: 0141 355 2200

Children and Families Team  
Social Work Headquarters,  
Southbank House,  
Southbank Business Park,  
Kirkintilloch, Glasgow G66 1XQ  
Tel: 0141 777 3000

Care at Home Team  
Social Work Headquarters,  
Southbank House,  
Southbank Business Park,  
Kirkintilloch, Glasgow G66 1XQ  
Tel: 0141 578 2101

Take Ctrl – East Dunbartonshire  
Enterprise House  
Southbank Business Park,  
Kirkintilloch, Glasgow G66 1XQ  
Tel: 0141 776 2219

CEARTAS Advocacy Service  
Suite 5 – 7, McGregor House,  
Donaldson Crescent, Kirkintilloch,  
Glasgow G66 1XF  
Tel: 0141 775 0433  
Website: [www.ceartas.org.uk](http://www.ceartas.org.uk)

Carers Link  
Milngavie Enterprise Centre,  
Ellangowan Court, Milngavie,  
Glasgow G62 8PH  
Tel: 0800 9752131 or 0141 955 2131  
Email: [enquiry@carerslink.org.uk](mailto:enquiry@carerslink.org.uk)  
Website: [www.carerslink.org.uk](http://www.carerslink.org.uk)

SPAEN  
(Scottish Personal Assistants  
Employers Network)  
Tel: 01698 250280  
Website: [www.spaen.co.uk](http://www.spaen.co.uk)

East Dunbartonshire Citizens Advice  
Bureau (CAB), 11 Alexandra Street,  
Kirkintilloch, Glasgow G66 1HB  
Tel: 0141 775 3220

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## Useful websites

East Dunbartonshire Council  
[www.eastdunbarton.gov.uk](http://www.eastdunbarton.gov.uk)

Scottish Government  
[www.scotland.gov.uk](http://www.scotland.gov.uk)

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

## Other formats and translations

This document can be provided in large print, Braille or onto CD and can be translated into other community languages. Please contact the Council's Corporate Communications Team at 12 Strathkelvin Place, Kirkintilloch, Glasgow G66 1TJ Tel: 0300 123 4510

本文件可按要求翻譯成中文，如有此需要，請電 0300 123 4510。

اس دستاویز کا ترجمہ فارسی میں کیا جاسکتا ہے۔ براہ مہربانی فون نمبر 0300 123 4510 پر رابطہ کریں۔

ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਸੰਗ੍ਰਹਿ ਕਰਨ ਤੇ ਪੰਜਾਬੀ ਵਿੱਚ ਅਨੁਵਾਦ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਕਿਰਪਾ ਕਰਕੇ 0300 123 4510 ਫ਼ੋਨ ਕਰੋ।

Gabhaidh an sgrìobhainn seo cur gu Gàidhlig ma tha sin a dhìth oirbh. Cuiribh fòn gu 0300 123 4510

अनुप्रास करने पर यह दस्तावेज हिन्दी में भाषांतरित किया जा सकता है। कृपया 0300 123 4510 पर फ़ोन कीजिए।