



the best of care

# Self Directed Support (SDS)

## 2024 Information Guide

Options for controlling your  
personalised care budget



# Care at Home

There may be times in our lives when some tasks can become more difficult to undertake without help and support. However, this does not mean that there is any reason as to why you should not maintain your independence while living at home.

We understand the importance of still being able to live at home, and this is why we have created a new Care at Home service supporting people across all ages living with a mental or physical illness in their own home.

Our Care at Home service is designed to empower you as an individual to take control of the type of support, care, and respite service you receive to meet your needs, lifestyle, and the way you want to live your life.

## Meal Preparation



Support with household tasks such as laundry and shopping



## Medication Reminders



## Social Interaction

- Walks in the park
- Trips to the shops
- Quizzes and Board Games
- Music therapy



## Personal Care

- Including washing, showering and dressing



Available 24 hours a day, 7 days a week



Located throughout Aberdeen City



£23 per hour 8am – 10pm; £33 per hour 10pm – 8am



For further details, contact 01224 358144

# VSA Connect Service

Providing care and respite for Adults aged 18+

Our VSA Connect Service provides vital practical, emotional, social and mental wellbeing support to people living across Aberdeen.

Whether you or your loved one is aged 25 or 95, our VSA Connect Service is here for you to help you lead a happy, healthy and meaningful life

The service is designed to empower you as an individual to take control of the type of support, care and respite service you receive to meet your needs, lifestyle and the way you want to live your life.

## Personal Care

- Learning disability support
- Mental health and wellbeing support
- Dementia, Parkinson's and other health related conditions



Support with household tasks such as laundry and shopping



Respite for unpaid carers



Located throughout Aberdeen City



£23 per hour 8am – 10pm; £33 per hour 10pm – 8am



For further details, contact 01224 358144



# What is Self Directed Support?

**Self Directed Support (SDS) empowers you to be fully in control of your personalised care budget so that you get the care and support you wish to receive.**

Traditional models of social care services and how they are delivered and funded is changing. SDS was introduced in 2014, by the Scottish Government, as a way of recognising that each person and the type of care and support they require is unique.

As times have changed, so has the way we have delivered our services, but always with one ambition: to give the people of Aberdeen the best of care to enable them to live the best of lives.

As your trusted local social care charity, you are at the heart of everything we do. We listen and work with you to take a person centre approach to all of our services.

We are committed to ensuring that we support and empower you to achieve the best health and social care outcomes.

We have SDS options available across a range of our children's services and adults' services.

**The VSA team is right here for you; ready to provide you with a range of support and care options that can be tailored to meet your needs and budget.**



# Frequently Asked Questions



## Who is eligible?

Self-directed support is not for everyone and many people are completely satisfied with receiving services that are arranged by their local authority.

However there are a lot of people who could really benefit from having choice and control over the support they receive, such as having support staff visit them at times of their choosing or enjoying the consistency of care that can come from employing your own personal assistants or even the flexibility of using your budget to purchase services that meet your needs more creatively and individually than the services provided by the local authority.

SDS funding is available for anyone who has been assessed as eligible. This includes, unpaid carers, children, families, adults and people in their later years in life.

Individuals who have been assessed as eligible will then be given different choices to meet their care and support needs. Information and advice is given to help them choose the best option for them.

## How do I apply to be assessed and where can I get further information?

Each local authority across Scotland should have a dedicated information point. In Aberdeen City, please visit the 'my life' portal which provides further information on SDS in the city and how you can get access

## I have been assessed but don't think my budget is enough, what can I do?

If you think the money you are offered is not enough, you do not have to accept it. You can dispute the amount offered. You will need to discuss with your council. You can accept the individual budget if you want, while your complaint is being dealt with. If you do not want to do this while your complaint is being considered, you can choose to get arranged services instead.

## Can I self fund?

Yes you can, for more information about self funding get in touch with our SDS team, they can be reached at [sds@vsa.org.uk](mailto:sds@vsa.org.uk) or on 01224 212021.

A member of the team will talk through what your personal needs, requirements and goals are.

# Shaping a Better Future...

VSA is a leading social care charity with over 150 years of experience providing vital care and support to vulnerable children and adults living in the North-East of Scotland.

We support people through some of the most challenging times they have experienced and help them take control of their lives for a brighter and better future.

## We support children and adults who are living with:

- Mental health diagnoses
- Learning disabilities
- Loneliness and isolation
- Living with conditions such as Dementia and Parkinson's
- Complex additional learning and support needs
- Living in poverty



Supporting people across the  
North-East at a glance

71

adults supported  
through our mental  
health services

---

376

people supported  
through our care at  
home service

---

3498

hours a week of  
support to adults in  
our learning disability  
service

---

196

people supported  
through our older  
adult services

---

Over 25

services

---

11

adults on our trainee  
programmes at Easter  
Anguston Farm

---

532,896

hours of mental  
wellbeing support  
provided

---

26

children supported  
at Linn Moor  
Residential School

---

130

people supported  
through our VSA Fuel  
Fund

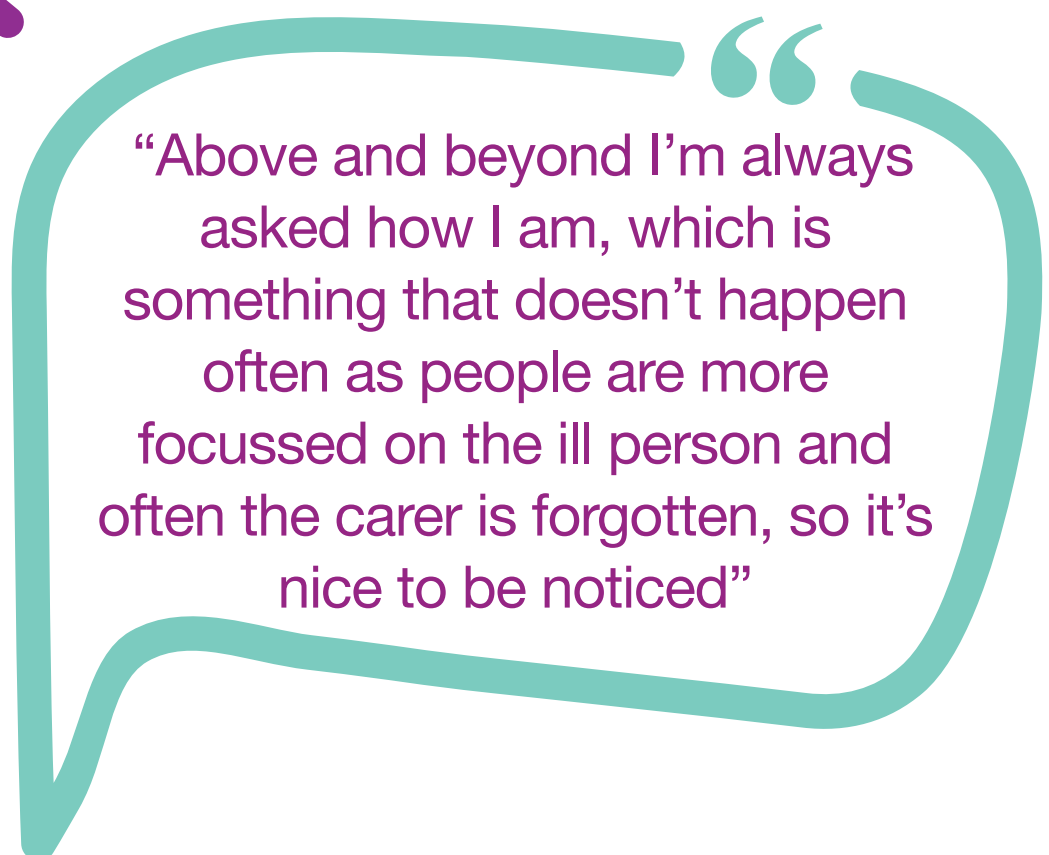


---

5775

teaching hours at  
Linn Moor School

---





“Above and beyond I’m always asked how I am, which is something that doesn’t happen often as people are more focussed on the ill person and often the carer is forgotten, so it’s nice to be noticed”



- Mrs Walker





[vsa.org.uk](http://vsa.org.uk)