



# A guide to **Self Directed Support**

## **What is Self Directed Support?**

### **Self Directed Support:**

- Is the new way of providing social care in local authorities all over the country
- Gives you or the person who cares for you, choice and control over the support you can have to meet your needs
- Lets you know how much money you will get for your support, and use the money to get the life you want
- Lets you choose who will manage the money for your support. It could be yourself or you can have someone to control it for you

.....  
**choice&control**  
because every adult matters



## Living the life you want with Self Directed Support

You can still have services, such as residential care, domiciliary care, or go to a day centre, or you can choose different ways of getting the support you need, for example:

- A Personal Assistant – someone of your choice to support you in your own home, help you with activities that you like to do, or go with you when you want to go out
- Learn new skills that will help you be more independent, or take up a new interest to give you more confidence
- Be more active by being able to offer a reward to friends and neighbours in exchange for them giving you a lift somewhere, or accompanying you on an outing

## How to find out more about Self Directed Support

If you would like more information about Self Directed Support you can:

Telephone **0845 370 8090**

Visit our website at **[www.bucksc.gov.uk](http://www.bucksc.gov.uk)**

or email **[selfdirectedsupport@bucksc.gov.uk](mailto:selfdirectedsupport@bucksc.gov.uk)**

If you need to talk simply add the numbers **18001** in front of the telephone number

If you would like this information in a different format please let us know

## Who can have Self Directed Support?

Self Directed Support is for adults, over the age of 18, who get help that is paid for by social services.

You can find out if you can get Self Directed Support by contacting social services or asking someone to contact them on your behalf.

Everyone who needs help can have an assessment to find out if they can be helped by social services.

To contact social services you can telephone: **0845 370 8090**

