

# this is EDITH'S SDS Story

## Option 3 | Outcomes

### Before Self Directed Support (SDS)

Edith was not looking after herself, she was not eating, sleeping and had got herself into financial difficulties. Edith's home was very cluttered and she had become estranged from her brother.

Edith also found herself not engaging in social activities or the community as she previously had, leading to greater isolation.

Taking all these factors into consideration Edith's mental health became very low in mood. This had become an on-going occurrence since the passing away of her mum.

### Accessing SDS

Edith's friend made contact with the local social work department and a visit was arranged.

A duty social worker conducted a SDS assessment with Edith. It was discussed and agreed with Edith that she would access SDS option 3, receiving four hours of support each week. Social Work contacted Penumbra and made a referral to offer Edith support.

### SDS Outcomes

Social Work funded the following outcomes:

- managing correspondence, budgeting, appointments; for **increased life skills and independent living**;
- maintaining house and household tasks; for **better self management and improve wellbeing**;
- engage in social activities and the community; to **increase social networks and build confidence**.

Penumbra used I.ROC and HOPE Toolkit to prepare a Support Plan based on the agreed outcomes and indicative budget specified by the Social Work Department.

### Meeting Outcomes

Penumbra consistently used I.ROC and HOPE Toolkit helping Edith achieve goals in her Support Plan including improved wellbeing and confidence.

Edith attended a SDS Asset Event, organised by Penumbra. Edith had many heirlooms similar to those in the SDS Asset Event museum venue. Using a personalised approach, Penumbra worked with Edith to successfully have her heirloom's displayed in a reminiscence centre in Edith's town. This has helped Edith achieve goals and engage in her community.

### SDS in Practice

SDS impacted on Edith in the following ways:

- A friend helped Edith access SDS by contacting the Local Authority
- Edith agreed her outcomes with social work
- Edith was involved and agreed decisions on her SDS option
- Edith was happy with the level of choice and control under SDS option 3
- Edith worked with Penumbra and has seen real change in her mental health and circumstances
- Edith has increased confidence and independence, managing her home and attending social activities e.g. SDS Asset Event - *"I felt it increased my confidence as I got to speak with new people and this makes me feel included in society"*
- Penumbra used the I.ROC and HOPE toolkit to support Edith to work towards her outcomes
- Penumbra Support Manager commented *"I visited Edith after [SDS Asset Event] and what I observed was a very different person in attitude to the one I had assessed. Edith had a light in her eyes and was smiling and planning for the future"*