

this is KEVIN'S SDS Story

Option 2 | Dignity and Choice

Before Self Directed Support (SDS)

Kevin was diagnosed with Schizophrenia and required twenty four hour support including medication, social activities, and managing mental health. Kevin was supported by a Penumbra supported accommodation service. After ten years of support at the accommodation service, Penumbra and Kevin explored moving on into his own flat.

"I learned lots at [supported accommodation], felt confident, learnt skills..." expressed Kevin. Kevin was nervous about the idea of moving on.

Penumbra supported Kevin to build his confidence, look for flats, and make plans about moving on and living in the community. Kevin was informed, given information and supported to look at applying for SDS funding.

Accessing SDS

Kevin was given a SDS assessment. Due to the anticipated reduction in Kevin's support, there were many meetings and professionals involved in discussions about Kevin's care, support and wellbeing.

Kevin was involved in these meetings *"Yes...there was council staff there, Penumbra staff...my social worker; they spoke about how many hours of support I would get..."* stated Kevin.

Kevin was given information, time and choice of support providers. Kevin identified, bid and got a flat. Kevin was given SDS option 2 and chose a local Penumbra supported living service for his support.

SDS Outcomes

Social Work funded the following outcomes:

- managing correspondence, budgeting and household tasks; for **increased life skills and independent living**;
- managing medication; for **increased control and self management of health**;
- engage in social activities and the community; to **increase social networks**;
- Fishing trips; for **increased purpose, direction and wellbeing**.

Penumbra continued to use IROC and HOPE Toolkit to prepare a new Support Plan based on the agreed outcomes and indicative budget specified by the Social Work Department.

Meeting Outcomes

Penumbra consistently used IROC and HOPE Toolkit helping Kevin to achieve goals e.g. self-managing medication, meeting others and visiting locations for fishing.

SDS in Practice

SDS impacted on Kevin in the following ways:

- Kevin successfully accessed SDS when moving from a supported accommodation to his own flat;
- Using a risk enablement approach and SDS Kevin, Penumbra and local authority have successfully reduced his support from almost twenty four hours of support a day to thirteen hours of support per week over a two year period;
- Kevin is meeting and achieving outcomes and the local authority is saving money by allocating Kevin SDS funded support;
- SDS funding has helped build Kevin's confidence and independence explaining the best thing about having his own flat is *"My own privacy"*;
- Through SDS Kevin feels more in control of his life and circumstances - *"I'm enjoying being in my own wee place...long may it last"*;
- Penumbra continue to use a personalised approach *"I think it [Penumbra supported living service] is better now than it was at [Penumbra supported accommodation]"*