

this is CRAIG'S SDS Story

Option 2 | Dignity and Choice

Before Self Directed Support (SDS)

"I always thought I was alright that was the worst part...I always thought I was alright until I spoke to a doctor and my psychiatrist and I got diagnosed with paranoid schizophrenia" explained Craig.

Craig continued *"because I went in and out of hospital they said that 'we are not going to let you go back to your own flat'...I had to prove to them that I could do my own flat and all that...It was a bad case of paranoia...looking back now it was a hard time".*

Craig moved into a Penumbra supported accommodation. Craig described the service *"they got me in a routine...grabbed me by the neck and said 'you need to go pay rent, you need to keep your flat and that tidy' and stuff like that. The most important bit was my mental health, they would ask me and encourage me to talk to them if I was feeling unwell and that. I got support every day and Penumbra kept me in that routine and not sliding back, which was fantastic...you look back and think they have done the right thing".*

Accessing SDS

After four years in the Penumbra accommodation service Craig was ready to move into his own flat. Craig had a SDS Assessment, which involved

professionals from health and social care, and Craig's family. Craig was given time to go away and consider a provider that he felt suited his needs and outcomes. Craig chose a local Penumbra supported living service. Craig was allocated SDS option 2.

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**;
- attend a college course, volunteer work or paid work; for **increased independent living**, and develop **skills and interests**.

Penumbra continued to use I.ROC 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 the outcome focussed tool I.ROC and HOPE Toolkit helping support Craig to achieve goals maintaining his home, building routines, gaining a volunteer coaching role at a Scottish Football Club, and starting a psychology course at college.

SDS in Practice

SDS impacted on Craig in the following ways:

- Craig successfully accessed SDS when moving from a supported accommodation to his own home;
- Using a risk enablement approach and SDS Craig, Penumbra and local authority successfully reduced his support from accessible twenty four hours of support a day to ten hours of support per week over a one year period;
- Craig is meeting and achieving outcomes and the local authority is saving money by allocating Craig SDS funded support;
- SDS helped Craig meet outcomes and manage his recovery - *"I was unwell for about 4 or 5 years, so to get to this place, do you know what I mean, is fantastic."*;
- Craig was given choice during his SDS assessment - *"I'm really happy with Penumbra"*;
- Penumbra's personalised approach is an important factor in Craig meeting outcomes - *"The individuality of it is brilliant...it means so much"*;
- Craig co-delivered a SDS workshop with Penumbra to the NHS, and made a SDS video accessible on Penumbra Youtube.