

Reflections from Scotland's journey

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In Control Scotland





in  **Control**[®]
Scotland



What We Do

National and local programmes

Demonstration work

Practice sharing and learning

Research and evaluation

Training and consultancy

A change
equation

$$C = D \times V \times F > R$$

Change happens when the products of
Dissatisfaction with the current state, and a
clear **V**ision of a more compelling possible
future, and
practical **F**irst steps towards a different future
are greater than the **R**esistance, the pain, or
cost of change

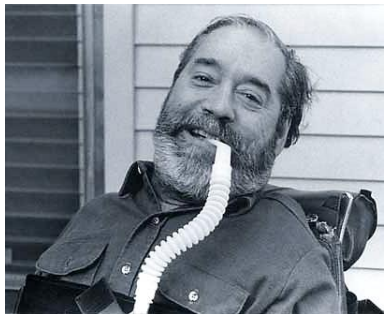
Before self-directed support in Scotland

A history of people across the world wanting to have more choice and control (and individual funding) to get the right support

A history that includes the development of direct payments (available across the UK since 1997)

A history of groups and organisations working to make support more personalised and individual (supported living, person centred planning)

But also a very long history of group, congregate and institutional services, and a focus on task-based care



The Vision

“The lives of people who require support are enriched through greater independence, control, and choice. This leads to improved or sustained health and wellbeing, and the best outcomes possible.

Self-directed Support is the mainstream approach by which we deliver social care and support, ensuring people can make real informed choice which enables them to achieve their identified outcomes.”

Bringing the vision to life

- 10 year strategy 2010-2020
- 3 phases of implementation
- Creation of legislation

Values

- Respect
- Fairness
- Independence
- Freedom
- Safety

Principles

- Involvement
- Collaboration
- Informed Choice
- Participation
- Dignity



SELF-DIRECTED SUPPORT

A National Strategy for Scotland



Social Care (Self-Directed Support) (Scotland) Act 2013

People have the right to the same freedom and choices as everyone else, at home, at work, and in the community

People can decide what kind of support they want and how, where, and when they want it

The local authority or health and social care partnership will not tell people what support they need, but advise of the 4 options available

The Act includes:

- Duties
- Values
- Principles



Enabling context

Statutory Guidance

Implementation plans in 3 phases

Investment from government

- Transformational funding
- 'Support in the Right Direction'
- National partners like In Control Scotland

The 4 Options



Definition of
option 2 /
individual
service fund
(revised in 2022)

“Under this option, the supported person directs the local authority – or a provider acting under the person’s direction – to make payments on their behalf for services or for the purchase of key items that will meet their outcomes, or a combination of both”

First steps

THE FIRST STEPS

SELF-DIRECTED SUPPORT FOR YOUNG PEOPLE, CHILDREN AND FAMILIES

in Control Scotland
FREE | FIRST STEPS EDITION | SPRING 2013

NEWS Highland

Chocolate, dolphins and romantic weekends:
Highland people get creative with cash.

The key to unlocking the interest of a young man with autism? A keyboard, of course

DOUGLAS DIDN'T USUALLY INTERACT WITH OTHER YOUNG PEOPLE BUT THINGS HAVE CHANGED SINCE HE STARTED MUSIC SESSIONS.



Douglas at the controls

Douglas, a young man of 16, has autism. He didn't really socialise or interact with other young people or children.

Things started to change when music teacher, Wendy, and her two daughters, aged 13 and 11, spent time with him each week.

Douglas has shown a real affinity for music. He seems to be able to memorise the music sheet and then can play the tune without looking. He leaves out the last note and walks away, but then returns and plays the last note with a flourish and, possibly, some humour.

He isn't usually verbal but over the summer, this has changed too. He asked for lunch: 'toast, cheese, juice, orange'. This is the most Douglas has ever said when asking for something.

By the time his birthday came round, Douglas was able to play with his cousins in his paddling pool - the first time he has come

out of his room when they were in the house. Another first: Douglas blew out the candles on his birthday cake with his whole family gathered round. His mother says it was the best summer Douglas has ever had.

The music sessions continue and it is the

A modest budget of £200 brings big benefits to Highland families

COULD £200 IMPROVE THE LIVES OF DISABLED CHILDREN AND THEIR FAMILIES? 20 FAMILIES TOOK PART IN A SUMMER TRIAL.

Jayne Mitchell from In Control, along with Gillian Newman from Highland, met with families across Highland to help them plan their £200 budget. Everyone used the budget differently with amazing results.

Keep calm and eat chocolate

Bec planned a grand day out in Glasgow. The aim was to make chocolate and eat it. There was a glitch or two. The mobile hoist and accessible toilets were not that mobile or accessible. But Bec was philosophical: 'If I was all about dignity, I'd never get anywhere.'



Testing out Individual Service Funds and spending a budget flexibly

An independent evaluation of the NHS Highland Individual Service Fund trial (November 2013 - April 2014)

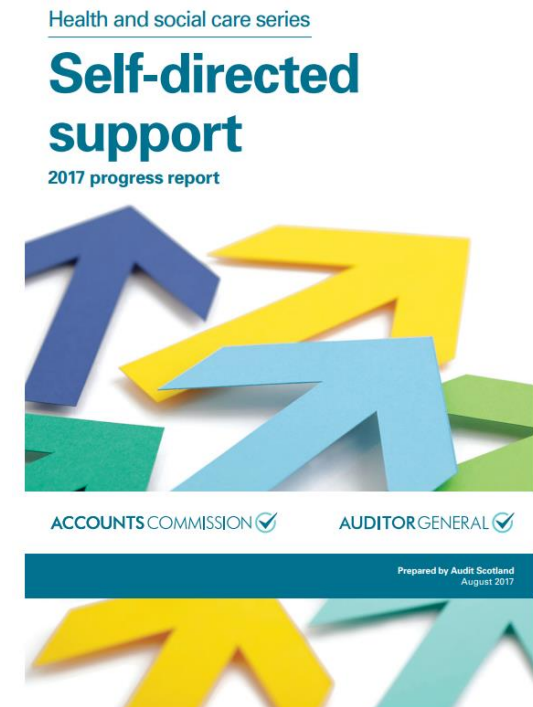
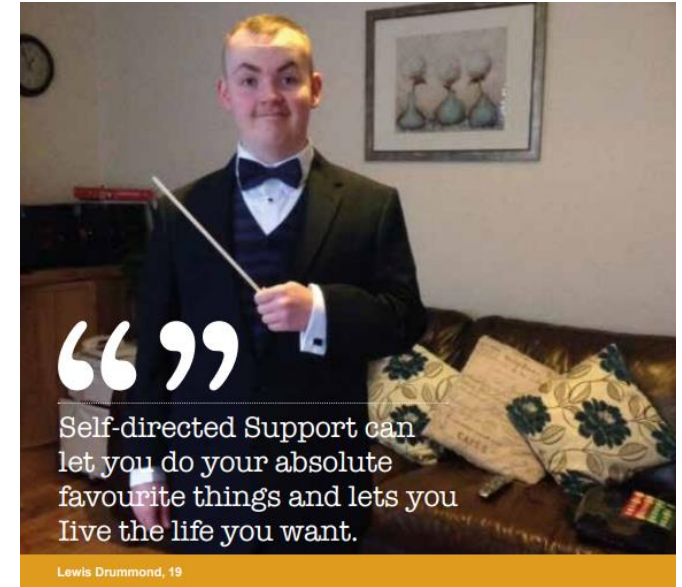
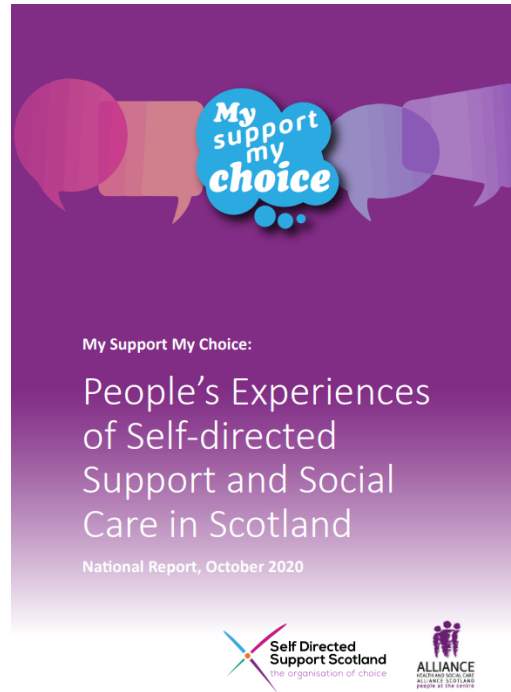
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Individual Service Funds

a guide to making Self-Directed Support work for everyone

by Sam Smith and Frances Brown
on behalf of In Control Scotland

Lots of learning along the way




Where we
are today –
policy
context

Refreshed Statutory Guidance

National SDS Improvement Plan

SDS Framework of Standards

Continued investment in local
authorities and national partners



Where we are
today –
practice
context



How are we doing with Option Two / Individual Service Funds?

July 2022

REPORT BY

Lou Close
for In Control Scotland

WWW.IN-CONTROLSCOTLAND.ORG



Resistance:
the last
part of the
equation

Lower uptake than expected...

Understanding and confidence

Systems, processes,
bureaucracies

Scarcity of service provision

How we're addressing the resistance

- Redefining option 2
- Research, case studies, sharing what works
- Demonstration projects - building strength, capacity, innovation – with disabled people, support providers, and local authorities



Let's stay connected



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or get in touch for a chat