

West Lothian SDS Forum

We are a group of individuals in the community who believe in the principles of self-directed support (SDS). Our aim is to empower individuals in West Lothian with support needs to have greater choice and control over their own lives.

Who is the Forum for?

It is open to anyone who is:

- receiving social care support
- looking for social care support
- is an unpaid carer
- working for an organisation supporting people's access to SDS in West Lothian



Aims of the Forum:

- to support the effective delivery of SDS in West Lothian
- to promote best practise in line with the principles of SDS
- to increase people's knowledge, awareness and confidence in the use of SDS
- to provide an opportunity for people to share and learn from lived experience of SDS
- to support access to local independent SDS information, advice and support
- to develop positive relationships with local partners to promote improvement in SDS provision

What is Self-Directed Support?

SDS is the way in which social care is offered in Scotland. It is underpinned by the Social Care (Self-directed Support) (Scotland) Act 2013.

It means that individuals have the right to make decisions about their support and services. It gives control and flexibility in choosing how support is provided. SDS is based on the idea that people are the experts in their own life and should have the opportunity to shape their support.

How is it Offered?

Following an assessment of your needs, If you meet local eligibility criteria , support can be offered in 4 ways:

Option 1: a direct payment

Option 2: the person directs the available support

Option 3: the council arranges the support

Option 4: a mix of the above

How SDS can support your health, well-being and Independence?

SDS focuses on strengths and what matters most to an individual, leading to:

- increased Independence
- personalised support
- flexibility and creativity
- improved well-being

Who can make use of SDS?

SDS helps supported people and carers to make informed choices – based on their unique needs and circumstances – on what their support looks like and to have choice and control over how that support is arranged, managed and delivered. SDS applies across all ages and user groups, including unpaid carers and children’.

(Social Care (Self-directed Support) (Scotland) Act 2013: statutory guidance 2022)

Where to go for further information and support:

Carers of West Lothian is a well-established local charity providing support, information, advice and representation to help unpaid carers, young carers and disabled people. They offer a range of services developed to support and empower people.



website: carers-westlothian.com
tel: 01506 448000
email: office@carers-westlothian.com

Lothian Centre for Inclusive Living’s (LCiL) Independent Living Service can support people who receive a Direct Payment to recruit Personal Assistants and understand their responsibilities as an employer.



website: lothiancil.org.uk
tel: 0131 475 2350
email: admin@lothiancil.org.uk

Self Directed Support Scotland (SDSS) provides advice and information for people looking to find out more about self-directed support. Find out more on the SDSS website.



website: sdsscotland.org.uk
tel: 0131 475 2623
email: info@sdsscotland.org.uk

Get Involved:

We welcome everyone who shares our interest in improving SDS to join our forum. Together, we can make a difference and work towards more inclusive and empowering support. We currently meet on-line on the 4th Wednesday of every month 12.45pm – 2.15pm.

If you’re interested in getting involved or coming along to a meeting, please get in touch with Ann Marie:

tel: 07890830765
email: westlothianSDSforum@outlook.com