

SDS and the Independent Living Movement

The Independent Living Movement is a Movement of disabled people that emerged in California in the 1970s when a group of disabled students decided they wanted to be in control of their own care rather than living in institutions. They went on to set up the first Centre for Independent Living (CIL).

The Movement came to the UK in the early 1980s with the setting up of a CIL by a group of disabled people in Hampshire. The Local Authority agreed to give them money to employ their own Personal Assistants and SDS as we know it grew from there.

"Independent living means all disabled people having the same freedom, choice, dignity and control as other citizens at home, at work and in the community. It does not necessarily mean living by yourself or fending for yourself. It means rights to practical assistance and support to participate in society and live an ordinary life." ILiS

SDS in legislation

The Scottish Parliament passed a new law on social care support called the Social Care (Self-directed Support) (Scotland) Act 2013, which came into force on April 1st 2014.

About Self Directed Support Scotland and how to contact us



Self Directed Support Scotland (SDSS) is a national membership organisation. We actively promote Independent Living by supporting, working with and championing the aims of SDS disabled people's organisations.

We develop resources, materials and training for our member organisations and deliver presentations to promote SDS and the principles it stands for.

Contact us

- ☎ 0131 475 2626
- ✉ info@sdsscotland.org.uk
- 🌐 www.sdsscotland.org.uk
- 🐦 @SDSScot
- 📘 /SDSScotland
- 📺 /SDSScotland



Self-directed Support

Information leaflet



- ☎ tel 0131 475 2626
- ✉ email info@sdsscotland.org.uk

What is Self-directed Support (SDS)?

SDS is a form of social care delivery which focuses on people having choice and control over their support. It is key to achieving a Scotland where disabled people live independently and with the right support.

SDS is when you arrange some or all of your (or your child's) support. It is for people who would like more flexibility, choice and control over their care so that they can achieve Independent Living.



Who is eligible for SDS?

You must be eligible for social care to receive SDS. Eligibility is determined by the Local Authority through an assessment. To be assessed for this kind of support ask your local social services department.

What options are available with SDS?

When someone has been assessed and allocated a 'budget' by social services they will be given 4 options:

OPTION 1: Direct Payment

A cash payment is paid directly to you (or to a third party). You can use this payment to choose and control your support

OPTION 2: Individual Service Fund

You choose what support you would like and the Local Authority (or an agency) holds your budget and makes the arrangements on your behalf

OPTION 3: Direct Service

The Local Authority selects the support and arranges it

OPTION 4: A Combination

You can choose to mix the above options to suit you

Where can I get help with the SDS process?



There are organisations across the country that offer support and information on SDS. These 'support organisations' vary in size and capacity but here are some examples of what they can offer:

- Provision of information on SDS
- Support with assessment
- Help to put together a plan for your support
- Support with managing your budget
- Peer support

To find out who your local support organisation is, search the SDSS Information and Support Database: www.sdsinfo.org.uk