OHAC orkney health and care

Self -directed Support in Orkney

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About this leaflet

We are the Council's Adult Social Work Team.

We are part of Orkney Health and Care (OHAC).

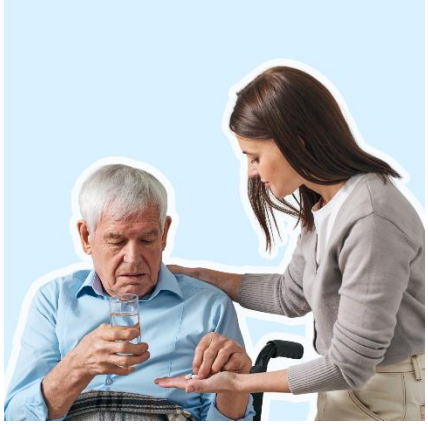
We help people when they need **social care**. **Social care** is when you need help looking after yourself.

Social care can be things like:

- getting dressed
- washing yourself
- getting to doctor and hospital appointments

But not things to look after your home like:

- cleaning
- fixing things
- gardening



Social care is also when you look after someone that needs help to look after themselves.

Social care is also called support.

It is a government rule that you choose how your social care is organised.

This is called **Self-directed Support**.

Self-directed Support is the different ways your social care can be organised.

This leaflet is about Self-directed Support.

And how we can help you to make your choices.

How to get Self-directed Support

You need a **Social Worker** to get social care.

A **Social Worker** is someone from our team who organises social care.

If you do not already have a Social Worker, you can phone us.

You can phone between 9am and 1pm on Monday to Friday.

The number to phone is 01856 873535.

When you phone, you must ask for the Adult Services Duty Worker.

The Adult Services Duty Worker is in our team.

They will organise a Social Worker for you.

If you already have a Social Worker, they will talk to you about Self-directed Support.

They will do this at your next **review meeting**.

Your **review meeting** is when you talk about how your support is working.

How it is decided if you need Self-directed Support

Your Social Worker will carry out an **assessment.**

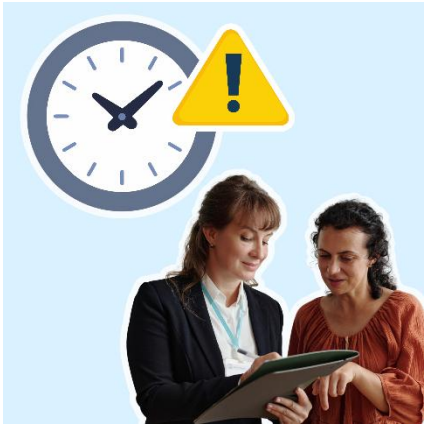
An **assessmen**t is when they ask you questions about your everyday life.

Your assessment tells your Social Worker if you need more support.

If you need more support, they will talk to you about Self-directed Support.

What happens if you need support very quickly

Your Social Worker can arrange support very quickly.



If there is not enough time to do the assessment, they will only ask important questions.

They will ask the rest of the questions later.

The different types of Self-directed Support

You can choose from 4 different types of Self-directed Support.

These are called options.

Option 1 is when you organise your own support and you get money from the Council to help pay for it.

This is called **Direct Payment**.

Direct Payment is the way you pay a service or a personal assistant for your support.

This means you are their **employer**.

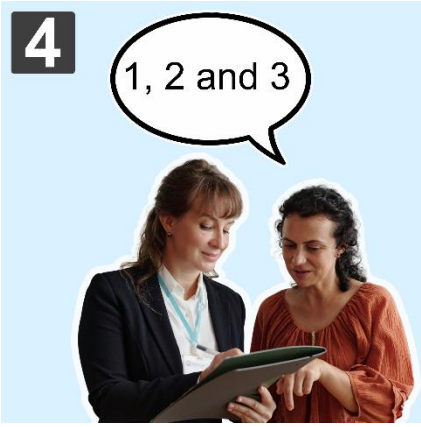
An **employer** is someone who gives someone a job and pays them a wage.

We work with Age Scotland Orkney.

They will help you to do the things you must do as an employer.

Option 2 is when you organise your support and the Council manages the money for you.

Option 3 is when the Council organises your support and manages the money for you.



Option 4 is when you mix some or all of options 1,2 and 3.

More information

You can phone us at the Council on 01856 873535.

You must ask for the Adult Services Duty Worker.

You can email us at:

asw@orkney.gov.uk.

You can watch videos about Self-directed Support online on YouTube at:

- https://youtu.be/-0Vnu1wenHk
- https://youtu.be/me0F9qurqY0

Voluntary Action Orkney (VAO) made this Easy Read for Orkney Health and Care (OHAC).

In this Easy Read we used images from Canva.