


## What is a support plan?

A support plan sets out how an individual will use their social care money and how the support you purchase will help you make the changes in your life that you want to make (from 'Self Directed Support: my support, my choice – your guide to social care', Scottish Government 2014).

If you are assessed as being eligible for social care, your Local Authority will usually offer you the 4 options of Self-directed Support  - see Self-directed Support Factsheet. The support plan will show which option you have chosen, what

support you will be using and how this support is going to enable you to fulfil the outcomes from your assessment. You can record your support plan in any way – whatever suits you best, i.e. it can be written down, on film, drawn or displayed in another way.

A support plan should change as you go through life: it should be reviewed and updated regularly by you and your social worker.

## What information should go into a support plan?

A support plan should show the answers to these questions:

- What do you want your support to look like?
- Which option of Self-directed Support (SDS) will you be using?
- What is important to you?
- What do you want to change in your life?
- What is working well in your life at the moment?
- How are you going to stay safe and well?
- What arrangements will be in place for making decisions?
- What will happen if things change?
- How much will your support cost and how will it be paid?

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## Who can help with putting a support plan together?

Anyone can help you put together your support plan. You may decide to ask your social worker, Care Manager or Local Area Coordinator.

It may be that there is an organisation outside the council who can help you with your plan, e.g. a local disabled people's organisation.

 - See Disabled People's Organisations Factsheet, a service provider or a 'broker', i.e. an individual who can work with you one-to-one to plan and organise your support. You may have to pay to use

these services, but that cost should be factored into your social care budget. Ask your social worker/Care Manager for more information.

To find local SDS support organisations that can help with support planning, search our database:

[www.sdsinfo.org.uk](http://www.sdsinfo.org.uk)

You may decide to put your support plan together yourself, perhaps with family and friends and/or with someone else who knows you well.

## Where can I find more information about support planning?

- **Scottish Government Service User Guide: 'My support, my choice: your guide to social care'**  
Support planning section of the SDS good practice guide  
[www.selfdirectedsupportscotland.org.uk/service-users](http://www.selfdirectedsupportscotland.org.uk/service-users)
- **Sheffield City Council Support Planning Toolkit**  
Refers to English legislation in parts but, generally, very useful  
[www.tinyurl.com/mpa29ty](http://www.tinyurl.com/mpa29ty)
- **Statutory Guidance to accompany the Social Care (Self-directed Support) (Scotland) Act 2013**  
Support planning section which Local Authorities should be referring to  
[www.scotland.gov.uk/Publications/2014/04/5438/9](http://www.scotland.gov.uk/Publications/2014/04/5438/9)