



Contact details



We meet every month together in person or online using Zoom video chat software.

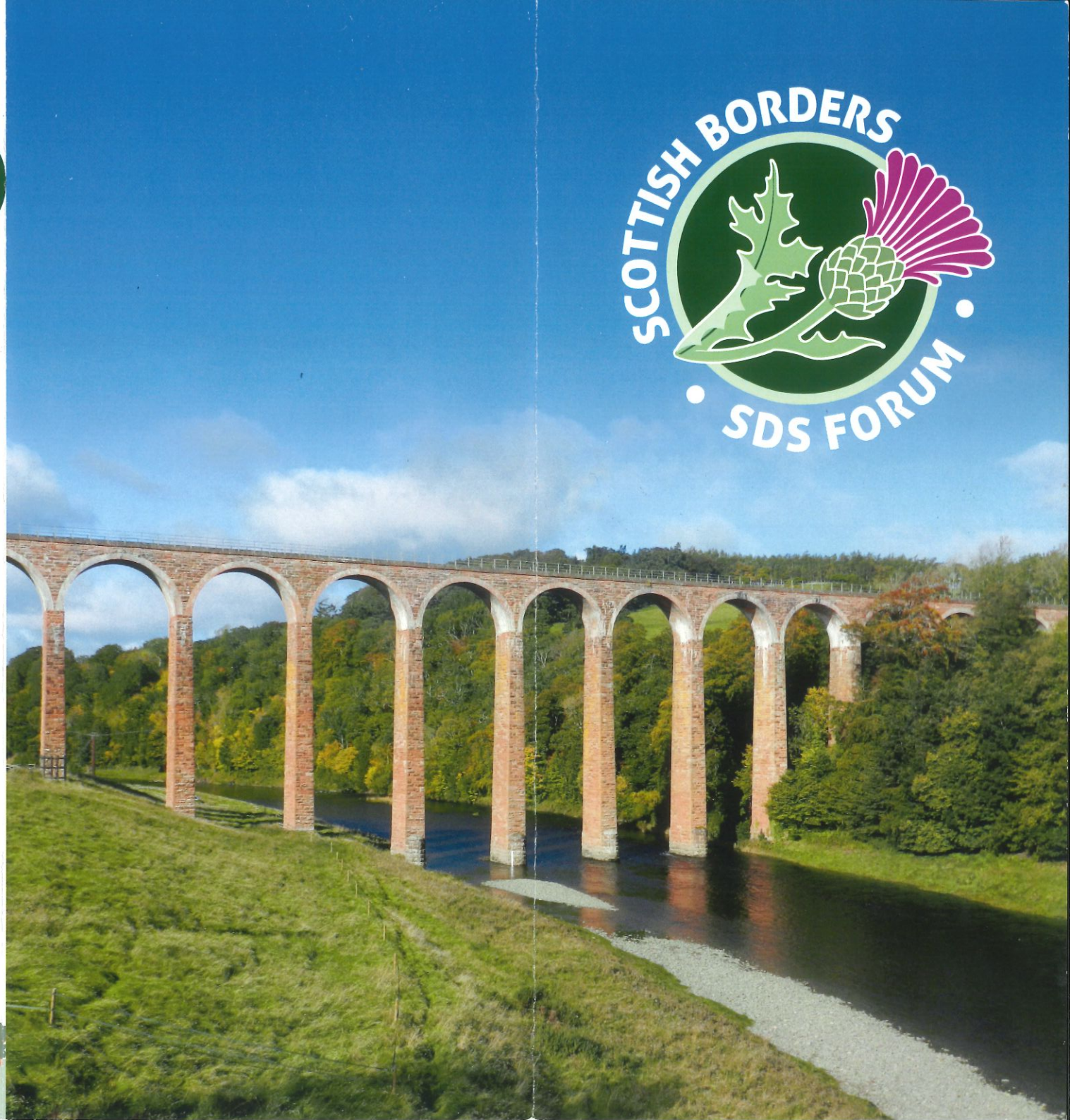
If you do not have access to Zoom you can still take part, we can send out information to you and/or talk on the phone.

If you are interested in finding out more please call:

0756 294 8386

or email:

sdsforum@encompassborders.com



What is the Self-directed Support Forum?

We formed in 2017 as a group of people who have personal experience of caring for others, being cared for or working in the care sector.

What do we do?

- Represent people using social care to ensure SDS principles are implemented in practice
- Use our collective voice to raise issues of concern, locally and with national government
- Use our collective knowledge and experience to help others
- Share our views on social care in Scotland
- Offer mutual support and provide a listening ear.

Are you using social care?

Thinking about it?

Interested in Self-directed Support?

We are a friendly, informed and supportive group. **Please join us!**

One of our members wrote a poem...

Who are we?

*We are the Scottish Borders SDS Forum
And we all act with a certain decorum
We help to make the community aware
Of the four choices they have in care
We are a group who do our best
To share people's views and put to the test
What the community want and need
To make SDS the very best indeed
For those in the community, who need
information about care
The SDS Forum will always be there.*



The Forum Group

What is Self-directed Support (SDS)?

SDS is the way in which social care is offered to people and the legislation that underpins social care in Scotland. There are four different options of ways in which to receive social care. The aim is to give people more choice, flexibility and control over their care needs.

The four options are:

1. Direct Payment
2. Individual Service Fund
3. Social Work managed
4. A mix of options.

For more detailed information on each option please go to:

www.scotborders.gov.uk and search for "self-directed support", then click the option at the top of the list entitled 'Self directed support'. This web page provides full details on SDS and how to access it.

Or visit: www.encompassborders.com/self-directed-support.

(Under the **Infomation & Links** menu on the encompass website home page.)