

# Self directed support in practice for people with learning disabilities

Courses and Consultancy  
from the Foundation  
for People with  
Learning Disabilities

## Implementing self directed support

The **Foundation for People with Learning Disabilities and in Control** have designed a programme to work with local authority members of **in Control** to assist them to get started with self directed support. They will work together to run three introductory sessions which will:

- Assist the authority to assess organisational readiness for self directed support
- Provide guidance about a suitable pilot group of individuals
- Plan and construct a support package for two individuals
- Assist the authority to begin thinking about planning beyond the pilot.

**Cost £5,000 for in Control members (£10,000 for non members)**

## Self directed support

Everyone in our society should have the chance to take control of things that matter in their lives. For example – where they live, who they live with, what they do in the day time, how they make a contribution to their local community. This is a right which has been denied to people with learning disabilities in the past. Choice and control has been a dream for many, but a reality for very few. Self directed support was created to help change this.

The White Paper *Our Health, Our Care, Our Say* refers to self directed support as a:

“... new approach [which] will require radical changes to the way services are organised and delivered. It will also provide greater opportunities for people to control the quality of what is on offer.”

(Our Health, Our Care, Our Say, Department of Health, 2005. p 85)

**in Control** was established to help implement self directed support and achieve this goal. The **in Control** team is working closely with the **Foundation for People with Learning Disabilities** to develop best practice and increase the number of people who use self directed support.



For more information  
about this course  
please contact:

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The Foundation for People with Learning Disabilities is part  
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Foundation for People  
with Learning Disabilities



### **The benefits of self directed support**

#### ***Self directed support can help someone with a learning disability to:***

- turn their dreams into reality
- get a personal budget to buy their support
- become an active citizen in their local community
- keep on learning and developing over the years

#### ***It can also help families to:***

- make a valued contribution
- share the task of supporting someone
- worry less about the future

#### ***It can help local authorities to:***

- support disabled people to live the lives they want
- help people stay safe while doing this
- adopt resource allocation systems that are rational, fair and understandable
- get the most out of staff skills
- manage the demographic challenge

#### ***The local authority is invited to send a team of up to eight people, which should include:***

- a senior operational manager from learning disability services
- a senior commissioning manager
- a finance manager
- a service or team manager
- care managers or social workers

### **What will you get at the end of the course?**

By the end of the course participants will have a basic understanding of the principles and practice of self directed support. The local authority will have made a start in planning and constructing a package for two people; will have had the opportunity to consider it for a wider pilot group; and to assess the cultural, systems and organisational changes needed to extend it further.

#### ***Who will lead/run the course:***

Barbara McIntosh  
Molly Mattingly  
Andrew Tyson

#### ***Where will the course be held?***

The course can be delivered in London at the Foundation's offices or locally.

in Control's mission is to play a key role in the creation of a new system of social care - Self Directed Support. In this system people will be in control - of their support, the money they are entitled to, and their lives as valued citizens.