



18th December 2023

Post-legislative scrutiny of the Social Care (Self-directed Support) (Scotland) Act 2013 submission from the National Carr Gomm Involvement Group

We are the Carr Gomm National Involvement Group; a network of people supported by Carr Gomm. Carr Gomm is a leading social care charity supporting people and communities across Scotland. As an Involvement Group we have contributed to:

1. The Carr Gomm Strategic Plan 2021-2024.
2. The Independent Review of Adult Social Care.
3. Discussions and consultations on the National Care Service
4. Planning events, to bring people together by ensuring they are accessible and inclusive.
5. The development of Carr Gomm's award winning digital inclusion work.

Four of us met to share our views for the post-legislative scrutiny of the Social Care (Self-directed Support) (Scotland) Act 2013. All of us access our support via Option 3. Here is a summary:

Knowledge and understanding

Some of us did not know that our support was Option 3 of SDS prior to an SDS briefing from the staff member supporting us:

"I don't know what it is!"

Others of us described it as:

"It's when you're allocated a budget and you choose your workers."

"Self-what makes you, you."

"The support you are getting, directed by you."

SDS Values and Principles

All of us shared that we could relate to the SDS Values and Principles and saw that these formed the basis for our support. People were however more familiar with the Carr Gomm values, which we discussed as being very important in how we receive our service, in the planning and delivery and in the relationships we have formed with Carr Gomm staff. People said:

"If I had a problem, I would speak to them (Staff)."

"I live here. You work here. There is a difference."

"If I didn't want you here, you wouldn't be here (in my home)."

"We are treated with dignity and respect. "

"I know I have choices in my support. I make my choices based on the right information. For example, I choose to take my medication because staff have helped me to understand what it's for and how it helps me to keep well."

"Staff are flexible and support me with what I need help with. They helped me when my heating broke down."

Making choices about SDS Option

All of us have had our support in place for longer than the SDS legislation. We were all able to exercise choice and control in our arrangements from the outset (i.e., prior to the SDS legislation). However, we were not familiar with the SDS Options prior to the meeting and one of us described them *"as clear as mud!"* Another said, *"I know now I have Option 3. This works well. I wouldn't want to be in charge of the (SDS) money."*

People shared the following:

- A. was supported by her social worker to find support providers in her community with availability to work her. With the help of the social worker, A. was able to interview all the providers and made her choice based on her preferences.
- C. described looking at various organisations prior to her discharge from hospital alongside her social worker and they chose the provider together.
- A.M. explained that when he was in hospital a nurse high up chose Carr Gomm, but he got to choose his flat at his supported accommodation and that it is be best one!

Making choices about life with support

Although we could not describe the SDS Options, we all feel confident that we were able to exercise choice and control in our lives with the support of Carr Gomm. We said:

“You get the best support in Carr Gomm.”

“I made a choice to not manage my finances and Carr Gomm helps me with that.”

Has the SDS Legislation made a difference?

We reflected on our feelings about having good support arrangements prior to SDS being in place. We said:

“It (SDS legislation) hasn’t made a difference to my support because my support works for me but I would have liked to know about the choices open to me. It would have been good to have been told about SDS before today.”

“The SDS law has made a difference to me. To know my rights are there in law is really important to me.”

There was sense that the SDS legislation is important because it brings legal accountability in how support is organised and how we are treated as people accessing support.

To reach us and for more information

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