

## Care at Home (Adult Social Care: SCOTLAND)

### Healthcare and Social care

Local authority social work departments have duties to provide help to 'persons in need' and are responsible for the provision of a range of care services. Social work departments and health boards have set up pooled budget arrangements and community healthcare partnerships with single shared assessments.

### Self-directed support

#### The needs assessment

If you have difficulty managing at home due to illness or disability, you can ask your local authority adult social work department for an assessment of your needs. If you are assessed as having eligible care needs, you will be allocated funding to provide support: an 'individual budget'.

What is self-directed support?

'Self-directed Support' allows you to choose how support is provided by giving you control over your individual budget.

There are four options to choose from:

- You take a direct payment(see below)
- You allocate funds to a provider of your choice. The local authority holds the budget but you are in charge of how it is spent (an 'individual service fund')
- The local authority arranges a service directly for you; or
- You choose a mix of these options for different types of support.

See [www.sdsscotland.org.uk](http://www.sdsscotland.org.uk) for further info.

### Direct Payments

With a small number of exceptions, anyone, regardless of age, who is assessed as needing an eligible care service will be eligible for 'direct payments' as part of self-directed support. You can use direct payments to buy a wide range of services, eg help with shopping, support in other areas. You can employ a close relative in limited circumstances.

### **Types of help you can get at home**

- cleaning, heavy housework and looking after your garden
- dressing and washing
- getting your shopping
- 'meals on wheels' or frozen meals delivery
- someone picking up your pension or any medicines you need
- sorting out bills
- laundry – this includes washing and ironing in your home
- things for your home, like special chairs or shower rails, to make living at home easier (occupational therapy can assess)

### **Private home care**

You can contact a business that provides help at home if you prefer.

The [Care Inspectorate](#) has a list of services that provide home care. These are checked by the Care Inspectorate to make sure they meet good standards. You can also look at the Care Inspectorate's website for a report on any of these services.

Even if you decide to find and pay for your own private home care, you may still wish to get a financial assessment of your care needs done by your local council. This means you'll get any advice or extra money from the government that the law says you should get.