

# this is MAGGIE'S SDS Story

## Option 2 | Collaboration

### Before Self Directed Support (SDS)

Maggie was diagnosed with schizophrenia in 1984 and has stayed in hospital on numerous occasions due to her mental health. Maggie's mental health can impact on her caring and looking after herself and her home.

Maggie first came to Penumbra in 2005, accessing a supported accommodation and then Penumbra housing support service. During her time at these services Maggie worked on her outcomes around managing medication, independent and daily living, and engaging in the community, *"I feel I care for myself and able to take medication"* expressed Maggie in her I.ROC in 2014.

The local authority was paying over £600 per week towards Maggie's support at housing support service. After three years of working towards her goals at the service, Maggie was now in a position to move into her own home in the community, *"I was very excited as I had always wanted to get my own house in the community someday and made this a goal that I wanted to work towards"* explained Maggie.

In preparation for moving on Maggie was given information on SDS, her rights and what was available in the community, *"I went to a talk in the [Penumbra] staff office on Self Directed Support and this made me realise the options that would be available to me"* expressed Maggie.

### Accessing SDS

Maggie had a SDS assessment, which included the team at the Penumbra service and her social worker. She discussed SDS and the options available to her, and was allocated a SDS Budget. Maggie chose Penumbra as her support provider and it was agreed SDS option 2 was the best option. Maggie's SDS budget was for just over £100 per week.

### Collaboration

Penumbra worked closely with the local authority social work team, SDS team, and Maggie to move away from 'hours' of support to designing and delivering support based upon Maggie's outcomes. Penumbra and the local authority developed an outcomes-based invoice for SDS to better support Maggie and her outcomes.

### SDS in Practice

SDS impacted on Maggie in the following ways:

- Maggie and Penumbra discussed SDS before her review, informing her of her rights and choices;
- Maggie chose to stay with Penumbra as a provider, *"I am very happy that Penumbra staff will still be supporting me in my home"*;
- Maggie's I.ROC score for participation and control has increased from 4 to 5 since moving on from the supported flat;
- Using a risk enablement approach Penumbra and local authority have successfully reduced Maggie's support from accessible twenty four hours of support a day to around five and a half hours of support per week;
- Maggie is meeting and achieving outcomes and the local authority is saving around £400 per week by allocating Maggie SDS funded support;
- Everyone involved ensured that Maggie remained at the centre of her support planning and delivery;
- Penumbra was able to overcome 'hours' in favour of 'outcomes' for enhanced personalisation for Maggie.