

# Self Directed Support

## Pick 'n' Mix Video – Transcript



Hello, I'd like to tell you about Self Directed Support.

It's a way of receiving social care and support, and has been introduced so that people in Northern Ireland can have more choice, flexibility and control over their lives.

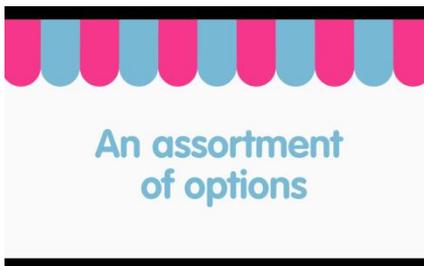
Meaning, for the first time, people here can be in charge over their own care and support services.



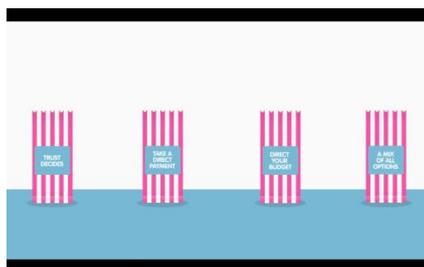
To help you understand Self Directed Support, I'd like to show you a short video so you can see the advantages for yourself.



Self Directed Support is just like Pick 'n' Mix.

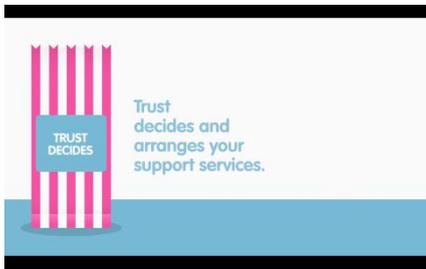


If the Trust determines that you need care and support, you're offered an assortment of options. Then you simply pick and mix the right ones for you.

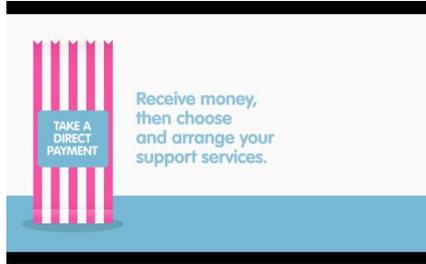


This is how it works.

You're given four support packages to choose from.



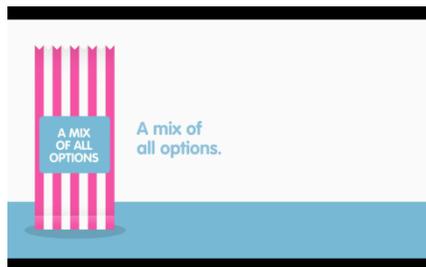
You can ask your Trust to decide and arrange your support services for you.



Or you may prefer to 'take a direct payment'. In other words, you receive money from your Trust, then choose and arrange your own care and support services.



Or you can 'direct your budget'. This option is when your Trust or care organisation of your choice holds onto your budget, but you decide how it's spent.



Or, finally, you can select 'a mix of all the options'. Choose this package, and you can mix up any of the options to provide the control and support you're happy with.



Right, let's imagine you decide to choose Direct Payments.

The next step is to select what matters to you. As an example, let's choose health and wellbeing.

You'll be able to pick from an assortment of options to provide the care and support you need.

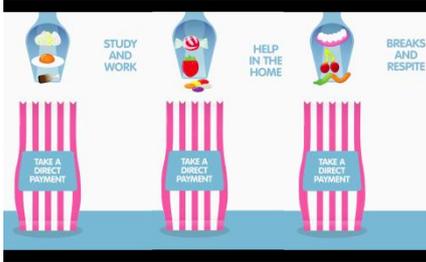


Here are a few examples.

If you wish, you'll even be able to create your own support option.



Once you have made your selection, these are placed in your package.



You now simply go through the other categories in the same way to choose the support services that are important to you.

Any selections you make are also added to your package.



Which means, in just a few easy steps, your care and support package is complete and ready for you to share and discuss with your social worker.



Self Directed Support.

Helping you pick 'n' mix the care and support services to live the life you choose.

Thank you for watching.

I hope you enjoy picking and mixing your own care and support services.



[www.hscboard.hscni.net/sds](http://www.hscboard.hscni.net/sds)

[www.transformingyourcare.hscni.net/self-directed-support](http://www.transformingyourcare.hscni.net/self-directed-support)