

## Self Directed Support

### Ruth's Podcast – Transcript



# Health and Social Care

*“When I was expecting my daughter.. I took meningitis and lost the sight of one eye and [my daughter] was born 10 weeks prematurely..I then took kidney failure and was on dialysis for 7 years and finally got a transplant almost 7 years ago. But with the dialysis and the medications for the transplant my sight has deteriorated to the point that I can't read and write anymore.*

*I've been able though my Self Directed Support budget to afford a few other items which have been really helpful. Now this is a pen friend – it's an audio labeller so just to demonstrate I can stick a label on an item [and] ...from my budget I was able to purchase an intercom so it's easier for me to ask who's there and then know who I'm opening the door to – I feel safer that way!*

*..through Self Directed Support and the people I have met and the help that I've gained through it, I'm actually able to go out again with my husband, we were always keen on concerts and the odd wee meal out and dances and so on and we're back to that again. So in summary, I'd highly recommend Self Directed Support and I'm very grateful to have it ... and I'd recommend it to anybody else for that matter because it's really really improved my lifestyle and confidence.”*

