

Appendix 3 Self-Directed Support Case Studies

1. Mrs. A, in her late 90s, managed without any help until a few years ago when she had a fall when out shopping, and began to rely on a family member for help. Mrs. A first contacted Adult Social Care in 2009 and was provided with minor adaptations such as hand rails, to help her manage better at home. Since she was socially isolated, was beginning to need assistance with personal care, and was eligible for funded social care support, the social worker discussed the options of either being provided with a home care worker and going to a day centre or of having a personal budget to be able to organise her own care and support arrangements. Rather than having a stranger (home care worker) coming to help her with personal care such as washing and dressing, Mrs. A decided to formalise and extend the arrangement with her family member. Using her personal budget, she now employs this person, as a personal assistant, to visit her each morning to help her get washed and dressed, to do her shopping and housework, and help her to prepare her lunch and tea. Mrs. A is now thinking about how to use part of her personal budget to get out and about when the weather improves and, rather than going to a day centre, she is considering employing her personal assistant to help her go sightseeing. Mrs. A has told her social worker that she feels more confident and more in control of her life with the personal budget.
2. Mr and Mrs B live together at home, with Mrs B caring for her husband who has a degenerative condition. Both are interested in art but due to Mr B's illness and Mrs B's caring role they have been unable to pursue this interest. Mrs B also has health issues of her own which have become worse due to her current caring role for her husband. Following their social care assessment the social worker discussed with them whether, instead of receiving a care package of home care (to help with personal and practical tasks) and day care for Mr B (to give his wife a break), they would be interested in having a personal budget. Mr and Mrs B now have a personal budget which they are spending on domestic help in the home, art classes for Mr B and respite activities which allow them to spend more time together.