

## Community Planning Group information for February 2023

Community Contacts offers free, impartial information, advice and support for people of all ages around Self Directed Support (SDS). We are funded by the Scottish Government and are working together with partners, including Argyll and Bute HSCP. We do this by:

Assisting people to exercise their rights and to take as much choice and control as they want about how their support is organised, managed and delivered.

- x Support people to prepare for the SDS assessment process; by exploring the options open to them and through assistance, enable them to make informed social care choices. We can also assist people to challenge decisions made about their SDS support.
- x Helping to reduce feelings of uncertainty or isolation by providing opportunities to make valuable connections with other relevant organisations or groups.
- x Providing intensive support around Option 1 (direct payments) and the responsibilities associated with this option.

Between March and October 2022 Community Contacts provided:

- x Intensive support to 208 people, including unpaid carers.
- x Information and advice to a further 424 people.

We welcome contact with people at any stage of their process through SDS; anyone can refer to us. We are set up to help