

Andrew Wood, Chief Executive of [Key](#) spoke to the Committee during Phase 1 of the Committee's post-legislative scrutiny, during an informal briefing session on 14 November 2023. During that session, Andrea shared some good examples. Andrea has since submitted the following examples from some local authorities which may be of interest during the Committee's scrutiny.

SDS experiences

Glasgow

- C is a 21-year-old autistic man who has experienced extreme isolation, engaging solely with his family which was compounded by the impact of Covid. Although he has an individualised SDS budget for short breaks, his needs mean that pooled resources and shared supports won't work well for him. However, the flexibility of his budget, and by working closely with his care manager, it has been possible to plan C's first break away which has been tailored to his needs. And while C is apprehensive about leaving his family, he is also very much looking forward to it.
- F is a 38-year-old woman with a learning disability who lives with her ageing parents. As a result, she has experienced quite a bit of social isolation. Following the reprovisioning of the day centres in her local authority area, she received an individualised SDS budget. This enables her to have a short break each year and because the individual budget allows for flexibility, it has been possible to pool resources and share support with others supported by our organisation in the local area. This has meant that she can enjoy up to 3 short break trips per year to various locations including Fife, Blackpool, among others.

As well as the personal outcomes for F herself, these short breaks provide positive outcomes for her family, enabling them to continue in their caring role by ensuring everyone has time to recharge and enjoy time away from one another

- F is a 25-year-old man a learning disability who lives with his family. He receives an individualised SDS budget and is supported by our short breaks team in Glasgow. Prior to receiving his budget, F was experiencing social isolation but after exploring his outcomes through pooled resources and shared support he now enjoys up to 3 short break holidays per year. This has enabled him to make connections with people of his age and visit places he would otherwise not have the opportunity to.

There are positive outcomes for his family too, as the breaks provide vital opportunities to rest and recharge while enjoying the chance to do things, they otherwise would be unable to.

North Lanarkshire

- M is a 47 yr old man with a Learning Disability and Mental Health difficulties who received an individual budget to meet his outcomes for increased independence and social inclusion. Prior to this M received support 24/7. To achieve this a plan was developed enabling M to have time each day without support. M's budget purchased assistive technology helping him stay safe at home and the team began

to work with M in reducing paid support. He now has an alert system for emergencies and new front door with magnetic locking system which M opens and closes with a 'fob watch' worn on his wrist. His team have helped meet his social inclusion outcomes by supporting M to build positive links with neighbours who now look out for him. M's family and support team pick up on issues very quickly and flexible use of his budget means we can increase and decrease support according to M's needs.

M also increased his independence by using his budget to pay for transport; regularly making his own way by taxi to his local club to meet friends, rather than using paid support. M's paid support has reduced by 50% and his confidence and self-esteem have improved greatly

- When we started supporting E, who had experienced substance misuse issues in his past, he hadn't left the house in around 17 years. He was extremely socially isolated, and his diet was poor due to mainly eating microwave meals. E also had little hope which affected his motivation to change things in his life.

E had a traditional home care service but now has an SDS budget which enables him to purchase around 10.5 hours of support per week. Rather than focusing on how many hours he has; he and his team concentrate on what he wants to use his support to achieve. It has taken time to build the relationship and trust between E and his team, but the individualised nature of his support has enabled this to happen. E now takes pride in his appearance and his home, he enjoys fresh home cooked food, meaning his physical health has improved. His mental wellbeing and motivation have also been positively impacted to such an extent that he now leaves his home, going out around 2 days per week to enjoy his local community and meet others.

An individualised budget has promoted opportunities for E to make choices about how and when he would like to be supported and has helped him to regain some of the independence that he had lost over the years when he had been reluctant to leave his home. SDS has played a transformative part in improving the quality of E's life, helping him achieve his outcomes and restoring his hope.

- J hadn't left his home for over 4 years and had experienced addiction issues when we started supporting him. He spent most of his time in bed and his basic needs weren't being met. His personal circumstances were having a severe impact on his diet, as well as his physical and mental health. He had also been frequently hospitalised due to skin and digestive difficulties.

J receives an individualised budget, which he uses to purchase 28.5 hours per week, but it's the control over his budget, rather than the hours he gets, which has enabled J to achieve some great personal outcomes since we started supporting him. The individualised nature of his budget means that he is at the centre of his support, and this has enabled him and his team to build a trusting relationship with one another. He now accepts their support to take good care of his personal hygiene needs and look after his home and plays a large part in

planning his meals which are now all freshly home cooked. J has also been able to leave his home, getting out and about around twice a week.

The flexibility and creativity of his SDS budget has been crucial in supporting J to make these changes in his life. It meant he and his team could take the time they needed to get to know one another and for J to direct his support the way that worked best for him. As a result, he has become more independent, is enjoying his life more, and has vastly improved his physical, and mental health and wellbeing.

- When we began supporting C she was estranged from her family and was very social isolated. She now receives an SDS budget with which she purchases 25 hours per week. This is used flexibly in order that C can use some of her support to participate in activities which meet her personal outcomes.

One such activity has been a return to musical theatre shows, something which she loved in her younger days but had been unable to enjoy for some years now. As a result, some of the challenges which C faced, and which had negatively impacted on her quality of life, have improved. She is now less anxious, and this has enabled her to repair some of the personal relationships which had suffered because of how difficult her life had been.

She has recently re-established contact with her family and even enjoyed a lunch out with her nephew, something which would have not been possible before she began receiving support. The person-centred nature of her budget has enabled this to happen as it allows for a more holistic focus on what would improve C's life rather than focusing solely on meeting basic needs. The fact that C is now enjoying contact with her family again is testimony to how crucial and life-enhancing this approach can be.

East Ayrshire

J is an autistic man who gets an individualised budget which enables him to purchase 40 hours of support over a four-week period. This ensures J has maximum flexibility and complete control over how he chooses to use his support. For J this is very much about meeting his personal outcomes to enjoy a range of a social activities. He loves music and going to gigs as well as going on holiday, but he needs support to do this. Therefore, he plans his budget in ways that means he has full support to attend the gigs he wants, wherever these may be, or go on holiday, ensuring that his staff, accommodation and all associated costs can be met. In other aspects of his life, J doesn't need the same level of support, therefore his SDS budget trusts him to be the best expert in his own needs and puts him in control of ensuring his support meets these.