



## What are people's experiences of using SDS?

At the time of writing (March 2015), Self Directed Support is still a relatively new way for people using mental health service to access support.

Those with mental health support needs have taken up SDS slowly in comparison to other groups, such as those with physical health support needs.

Research by Pilotlight (a Scottish Government funded project that aims to support service providers in giving service users access to self directed support in Scotland) found that:

- People need good information / awareness of self-directed support before they can make good decisions;
- People with mental health problems face barriers/challenges to taking up self-directed support;
- Projects have faced challenges in establishing change (communication, promotion, supporting staff to change the way they work);
- An individual budget does not need to be large to make a difference;
- It was important that budgets were 'protected' (e.g. "don't use don't lose").

Health in Mind is committed to helping people find the information they need to make decisions related to Self Directed Support. This information pack is part of that pledge.