Unit 4222-383 Support individuals with self-directed support (LD 314 C)

Level: **3**
Credit value: **5**
UAN: **J/602/0053**

Unit aim

This unit is aimed at those working in a wide range of settings. It provides the knowledge and skills required to support an individual to direct their own support. A person-centred approach is the foundation to achieving this unit.

Learning outcomes

There are **six** learning outcomes to this unit. The learner will:

1. Understand self-directed support
2. Understand how to support individuals to direct their own support and develop their support plan
3. Understand the different ways that individuals can use their personal budget
4. Be able to support individuals to direct their support
5. Be able to support individuals to use their personal budget in different ways
6. Be able to support individuals with an outcome-focused review

Guided learning hours

It is recommended that **35** hours should be allocated for this unit, although patterns of delivery are likely to vary.

Details of the relationship between the unit and relevant national standards

This unit is linked to HSC 35.

Support of the unit by a sector or other appropriate body

This unit is endorsed by Skills for Care and Development.

Assessment

This unit needs to be assessed in line with the Skills for Care and Development QCF Assessment Principles.

Learning outcomes 4, 5 and 6 must be assessed in a real work environment.

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Assessment Criteria

Outcome 1 Understand self-directed support

The learner can:

1. explain the principles underpinning **self-directed support** and how this differs from traditional support
2. explain the benefits of an **individual** having self-directed support
3. explain how **legislation, policy or guidance** underpin self-directed support
4. explain what the following terms mean:
   - indicative allocation
   - supported self assessment
   - support plan
   - outcome focused review
5. outline the possible barriers to self-directed support.

Outcome 2 Understand how to support individuals to direct their own support and develop their support plan

The learner can:

1. explain how to use **person-centred thinking** to enable individuals to think about what is important to them, and how they want to be supported
2. explain how individuals can direct their own support if they do not have a personal budget
3. explain how person-centred planning can be used to inform a support plan
4. explain the roles of **others** who can assist individuals in developing their support plan
5. describe different ways that individuals can develop a support plan
6. describe a range of **person-centred thinking tools** that can be used to help individuals think about different ways they can spend their personal budget
7. describe what might be included in the costings for a support plan.

Outcome 3 Understand the different ways that individuals can use their personal budget

The learner can:

1. explain the different ways that individuals can use their personal budget to buy support
2. research innovative ways that individuals can spend their personal budget other than buying social care services
3. explain what restrictions may be imposed on personal budgets
4. describe the criteria that are used to sign off a support plan
5. describe a person-centred approach to risk that ensures that individuals have what is important to them whilst staying healthy and safe.

Outcome 4 Be able to support individuals to direct their support

The learner can:

1. support an **individual** to express what is important to them in how they want to be supported in the future
2. use person-centred thinking tools to support an individual to have maximum choice and control in their life
3. use **person-centred thinking tools** to support an individual to develop their support plan
4. support an individual to identify any **others** who could work with them to develop their support plan.

Outcome 5 Be able to support individuals to use their personal budget in different ways

The learner can:

1. support an individual to understand the different ways they could develop their support plan
2. support an individual to understand what restrictions may be imposed on their personal budget
3. support an individual to think about different options for spending their personal budget
4. demonstrate a person-centred approach to balancing risk with individuals when making decisions about their personal budget.

Outcome 6 Be able to support individuals with an outcome-focused review

The learner can:

1. explain the process of an outcome-focused review
2. support an individual to prepare for an outcome-focused review
3. support an individual to be at the centre of the review process.

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Additional guidance

- **Self-directed support** – puts the person in need of support in control of that support
- An **individual** is someone requiring care or support
- **Legislation, policy or guidance** – refers to any current legislation or guidance around this area
- **Person-centred thinking** is a range of practical tools that form the basis of person-centred planning. They help focus on the individual, their gifts and skills, what is important to them, and what makes really good support for them.
- **Others** may include:
  - Families, friends or carers
  - social workers
  - brokers
  - peer support
  - voluntary user-led organisations
  - independent support brokerage
- **Person-centred thinking tools** include:
  - Important to/for (recorded as a one page profile)
  - Working/Not working
  - The doughnut
  - Matching staff
  - Relationship circle
  - Communication charts
  - plus 1 questions
  - Citizenship tool
  - Decision making agreement
  - Presence to contribution
  - Dreaming
  - Community connecting related tools:
    - Who am I? My gifts and capacities
    - Hopes and Fears
    - Mapping our network
    - Passion audit
    - Capacity mapping
    - Who am I – My places