

## Crossroads and Self Directed Support

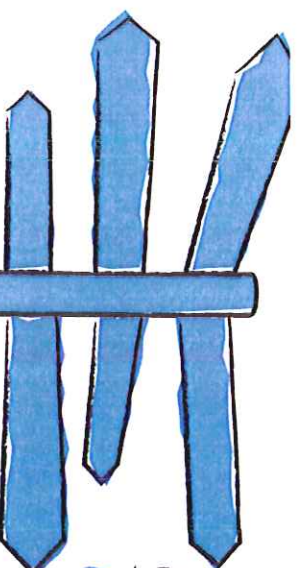
Crossroads can provide your **Self Directed** or **Purchased Support**.

We are an excellent care service provider and people have been appreciating our care for over twenty years.

Our highly trained staff team can assist you with:

- personal care
- mobility and person handling activities
- medication
- meals and food preparation
- procedures such as peg feeding and emptying catheter bags
- supporting positive behaviour strategies
- memory loss and confusion
- palliative care
- light household tasks
- shopping
- relieving loneliness and isolation

Or we can support you to achieve other outcomes you want.



**Crossroads**  
*caring more*

### *Self Directed Support and Purchased Care*

As a registered provider of Self Directed Support and Purchased Care, we can assist you to meet your care needs and the outcomes you would like to achieve, whether you are a person requiring support or a carer.

**We are proud to have been providing quality care and dependable support to people in Fife for over twenty years.**

### Contact us for more information

**By Post:**

Buko Tower, Office 9, Third Floor,  
Dalton Road, Glenrothes KY6 2SS

**By Phone:**

01592 610 540

**By E-mail:**

June Cunningham

Self Directed Support Coordinator

E-mail: [june@crossroadsg.co.uk](mailto:june@crossroadsg.co.uk)

Crossroads Caring Scotland  
Part of the support for Scottish Care  
**FIFE CENTRAL**



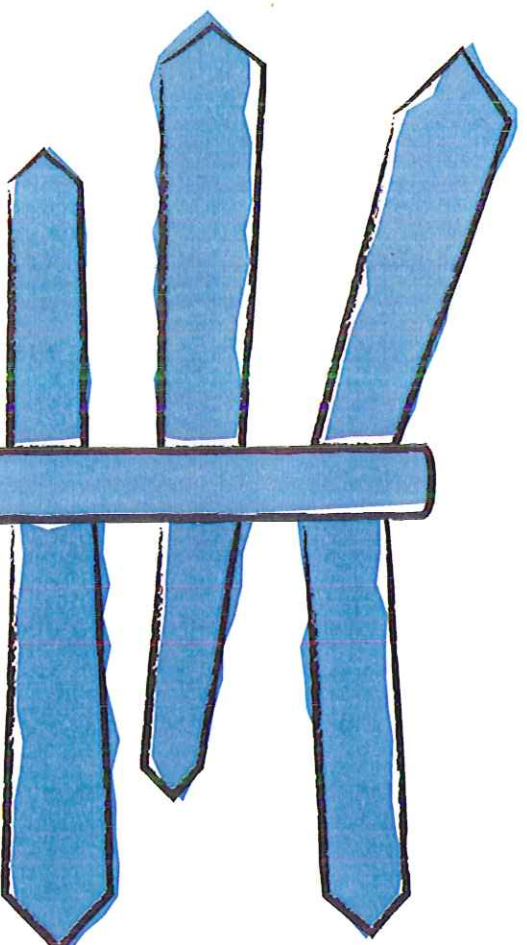
Self Directed Support  
allows **YOU**

to **identify** the care  
**YOU** need

and **design** how  
it is **delivered**

Self Directed **fairness,**  
Support is guided **independence,**  
by the values of: **freedom,**  
**dignity,**  
**safety and**  
**informed choices**

If you are eligible for Self Directed Support  
(assessed by the local authority) you have **four**  
options on how you choose to receive this support.



#### **Option 1: Direct Payment**

The local authority gives you the funds and you manage/direct and arrange your own support. For instance, you could use the money to buy support from Crossroads.

#### **Option 2: You Direct Your Support**

The local authority allocates a budget to you and you control how and where this is spent. However, the local authority or a care provider handles the funds on your behalf, under your direction. This is known as an Individual Service Fund. You can choose Crossroads to deliver your support plan and/or administer your budget for you.

#### **Option 3: Support is Arranged for You**

The local authority arranges and manages support services on your behalf and may purchase these services from Crossroads.

#### **Option 4: Mix and Match**

This is a combination of options 1, 2 and 3 from above.

#### **Information for Carers**

A carer is someone "who provides care to family members, other relatives, partners, friends and neighbours of any age affected by physical or mental illness (often long term) disability, frailty or substance misuse".

If you are an unpaid carer who provides a lot of support to someone, you may also be entitled to some paid support under the same four options.

Self Directed Support is about  
**giving people**  
**real choice**  
**and control**  
**over their lives**