

Referrals and Availability

For referrals or to check availability in a service please contact us via the **Contact us** section in this leaflet

Penumbra SDS Resources

Visit our Penumbra SDS Webpage for lots of resources including SDS stories, SDS Peer Network and more...

<http://www.penumbra.org.uk/service-locations/self-directed-support/>

Self directed support

SDS is the Social Care system aimed at giving those supported by social services more **choice, control** and **flexibility** over their support planning.

Penumbra support 100s of people with mental health problems who access SDS. If you are a professional and would like to know more about how Penumbra can support people accessing SDS, please see our short overview within this leaflet.



referrals and enquiries

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how we support
SDS

Would you like information on one of our services?

You can request information by contacting Penumbra via the **Contact us** section in this leaflet. We can provide you with:

- **Service Annual Review**
- **Service Leaflet**
- **Organisational Leaflets**

You can visit the **Care Inspectorate** website here <http://www.careinspectorate.com/index.php/care-services> and see reports on the quality of the service

Contact us

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Please provide service name in your enquiry

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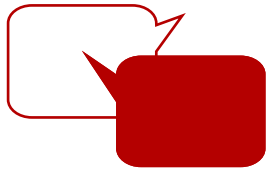
penumbra
your way to a brighter future

how we support SDS

below is a short overview of how Penumbra support people accessing SDS

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Last updated: September 2017



SDS provider

We can meet, discuss and explore how Penumbra could support a person accessing SDS.



My Agreement

If a person chooses Penumbra, they will be able to sign an individual contract for their SDS.



Click on icon above for more information

I.ROC and HOPE Toolkit

A person will complete an I.ROC questionnaire and create an outcomes focussed support plan when support begins.



Risk Enablement

We use risk assessment forms and a creative approach to support risk enablement helping people meet their individual outcomes.



Click on icon above for more information

Support

The service will offer one-to-one support, and may also run and offer group workshops known as POWWOWs (Penumbra workshop on wellbeing).



Click on icon above for SDS peer network

Innovation

We have created resources to support people, SDS and mental health including tools and Peer Network.



Outcomes

We use I.ROC every 3 months to measure and keep track of outcomes. This helps to ensure people are achieving their desired goals. We use the HOPE Toolkit to better support those outcomes.



Self management

Using a recovery focussed approach Penumbra aim to help people move on with independent living skills and confidence to self manage their mental health and wellbeing.

*Source: Numbers, data and option breakdown collected from Operational and Research staff; compiled by SDS project. Stats collected on July 2017

Did you know...

The I.ROC self management indicator had the greatest positive change of all the indicators across 213 people accessing Penumbra support via SDS.*