



Self-directed Support and Dementia

Rights, Respect and Responsibilities

Key Points

- The 3 R's Project can help **anyone** with dementia, **anywhere** in Scotland, who is entitled to social care support. The project can also help carers.
- Almost everyone who is entitled to social care support has a right to self-directed support. This includes people with dementia.
- The 3 R's Project can provide advice and support to people with dementia and their carers when they feel that they have been treated unfairly by the Local Authority in relation to self-directed support. The 3 R's Project can help people understand their rights and what they are entitled to expect from their Local Authority.
- You can contact the 3 R's Project using the contact details on the back of this leaflet.

What is self-directed support?

Self-directed support is a way of giving people who need social care support more choice and control over how they receive that support.

Social care support can include support with daily tasks such as getting washed and dressed or making meals. It can also include support with getting out and about in the community.

The Local Authority will decide who is entitled to social care support. Once the Local Authority has decided that someone is entitled to support, in almost all cases they must offer the person the self-directed support options. The Local Authority must also provide the person with information to allow them to make an informed choice about their support. Each person can choose to have as much – or as little – control as they feel comfortable with. This is self-directed support.

Is self-directed support available to people with dementia?

Yes. Self-directed support is for almost everyone who the Local Authority has decided is entitled to social care support. This includes many people with dementia.

If you think you may need support, you should contact your local Social Work Department and ask for a social care assessment.



What is the 3 R's Project?

The 3 R's Project is a self-directed support legal rights project. This means that the project aims to help people to understand their rights and access the support they are entitled to. The 3 R's are the principles that the project is based on: Rights, Respect and Responsibilities.

The 3 R's Project has received funding from the Life Changes Trust to support people with dementia and their carers who have had difficulty accessing or using self-directed support.

The 3 R's Project is delivered by MECOPP. MECOPP is a charity based in Edinburgh which provides a range of support services to informal carers and those in receipt of care across Scotland.

How can the 3 R's Project help?

Sometimes, people with dementia and their carers find it difficult to access self-directed support. They may feel that they have been treated unfairly by the Local Authority, or may be unsure what they have the right to expect from their Local Authority. In these situations, the 3 R's Project may be able to help.

The project can:

- ▶ Provide advice and information to people with dementia and their carers about their rights.
- ▶ Support people with dementia and their carers to challenge Local Authority decision-making.
- ▶ Make a referral to a firm of solicitors or law centre where necessary.

The project cannot provide independent legal advice.



How to contact the 3 R's Project

- 📞 You can contact the 3 R's Project by phoning **0131 467 2994** and asking to speak to the Legal Officer for the dementia project.
- ✉️ You can email **jennifer@mecopp.org.uk**
- 🔗 You can refer yourself to the project using the referral form on the MECOPP website: **www.mecopp.org.uk**
- ✍️ You can write to the 3 R's Project at:
The 3 R's Project, MECOPP, Maritime House,
8 The Shore, Edinburgh EH6 6QN

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