



## Five important things to know about Self-Directed Support

- Self-Directed Support is about having choices over your own support from social care
- Support can mean many different things
- Self-Directed Support is written into Scottish law
- Self-Directed Support should be for **everyone**
- Not enough people with dementia and families know about Self-Directed Support yet.

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You can contact Laura if you would like any further information about Self-Directed Support or if you are interested in campaigning on issues related to Self-Directed Support.

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