



**ME, Y.O.U AND
SDS**

DR DANIELLE FARREL

ABOUT ME

- Dr Danielle Farrel (Danielle)
- Managing director of Your Options Understood (Y.O.U)
- I have Cerebral Palsy (CP)
- My educational journey from mainstream to special education and back to mainstream



**YOUR OPTIONS
UNDERSTOOD**

**INDEPENDENT
ADVICE FOR
CARERS AND
THOSE LIVING
WITH A DISABILITY**



YOUR OPTIONS UNDERSTOOD (Y.O.U)

- Princes trust supported business
- Established August 2015
- I set up Y.O.U after completing my PhD at the University of the West of Scotland
- I felt this was the right time for me to use my knowledge and experience of living with a disability
- Y.O.U provides a range of services including: Advocacy, Staff training, Consultancy, and SDS advice and information



MY BIGGEST CHALLENGE YET!!!

Housing and my fight
for independence

MY EXPERIENCE WITH SDS SO FAR

- Previously I hadn't been entitled to SDS whilst living in residential care
- Despite this I knew I had 4 options and decided on option 4 – a mixture of the other 3 options
- Option 4 pros and cons
- The next part of my SDS journey



WHY I APPLIED FOR IN CONTROL SCOTLAND PARTNERS IN POLICY MAKING COURSE

- Both personal and professional reasons
- To make a difference
- Assist and support parents and carers to realise that their young disabled children can reach their full potential despite having to overcome challenges
- To benefit from the experience and knowledge of speakers and facilitators to improve situations and relationships in my personal life in terms of having the confidence to deal with social workers and other professionals
- To build a network of support

AFTER PARTNERS AND POLICY MAKING

- I would hope to be able to assist and support the parents who attended as and when required in the future
- I am working towards knowing what my personal support budget is and deciding whether I want to consider another SDS option
- I hope to undertake the person centred planning training being offered to enable me to support others with their journey
- I hope to be able to benefit from the support of those I have met on the course to assist me with planning my personal budget and to get the right adaptations in my house
- I hope to be able to work in partnership with some of the organisations I have met on the course to improve services and the attitudes of those providing the services who support disabled individuals and their families

Thanks for listening!

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