

## What is the Dynamic Support Register (DSR)?

The **DSR** is a list that helps people with a **learning disability** and/or who are **autistic**. It is for people who might be at risk of:

- Going into a mental health hospital
- Their care or home placement breaking down

The DSR helps NHS and council teams work together to give the **right support at the right time**.

## Why is the DSR helpful?

Being on the DSR means:

- Services can spot early signs of a problem
- Extra support can be given quickly
- You may avoid going into hospital
- Your care is reviewed regularly to keep you safe and well

## What information is on the DSR?

The DSR holds information to help services support you better. This may include:

- Your name, age, gender, and NHS number
- Where you live and who supports you
- What makes you feel upset or calm
- Your health, education, and social care needs
- Who is involved in your care and how to keep you safe



## Who sees this information?

- The DSR is managed by the NHS South East London team
- Only trusted professionals can see or update it
- It may be shared with health, education, and social care teams
- A version with no names is shared with the wider NHS team to help improve services

All information is kept safe and follows the law (Data Protection Act 2018 and GDPR).

## Who can ask to be added to the DSR?

Referrals can be made by:

- You (any age)
- Your parent or carer
- Your GP, school, or social worker
- Mental health or safeguarding teams
- Youth justice or police teams
- Anyone involved in your care, education, support or healthcare



## How to join the DSR

If you think you or someone in your family should be on the DSR, here's how to get in touch:

### The easiest way:

Click [here](#) to fill in your details on our secure online form.

If you can't use the online form:

You can email us at [SELDSRAdmin@selondonics.nhs.uk](mailto:SELDSRAdmin@selondonics.nhs.uk)

Please include:

- Your name
- Your date of birth
- The best way to contact you (email, phone, letter, or something else)

### Prefer to call?

Phone us on 0208 176 5565.

If we don't answer, please leave a message with:

- Your name
- Your phone number
- The best time for us to call you back

We'll get back to you within 2 working days.

### You can also ask someone to help

A professional who knows you can help you make a referral or do it for you. This could be:

- Your Social Worker
- Mental health worker



- Advocate
- SEND Case Officer or Education worker

Professionals can only make a referral using the [South East London ICB DSR: Dynamic Support Register](#) link.

## Do I need to give consent?

Yes.

- If you are **under 16**, your parent or carer usually gives consent
- If you are **under 16 but understand enough**, you may be able to decide yourself (this is called **Gillick competence**)
- If you are **16 or over**, you must give your own consent
- If you **can't give consent**, a professional will check your capacity and make a **best interest decision**

## Keeping People Safe

If we think you or others are in serious danger, the South East London Integrated Care Board may need to add your name to the DSR (Dynamic Support Register) to help keep them safe without your consent.

## How long will I stay on the DSR?

You will stay on the DSR:

- As long as you are at risk and consent is given
- Until your situation improves and you no longer need it



## Changing Your Mind

If you decide you don't want to be on the DSR anymore, that's okay.

You can:

- Email us at [SELDSRAdmin@selondonics.nhs.uk](mailto:SELDSRAdmin@selondonics.nhs.uk)
- Call us on **0208 176 5565**
- Or speak to your named worker

We'll help you stop your consent and answer any questions you have.

## Need help or have questions?

If you want to talk about the DSR or need help with a referral:

Email: [SELDSRAdmin@selondonics.nhs.uk](mailto:SELDSRAdmin@selondonics.nhs.uk)

Call: **0208 176 5565**

Or speak to your named worker

