

Shared Lives: What is it all about?



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What is Shared Lives?



Shared Lives is where you share your life with a Shared Lives carer.



This is someone who can support you with day-to-day living.



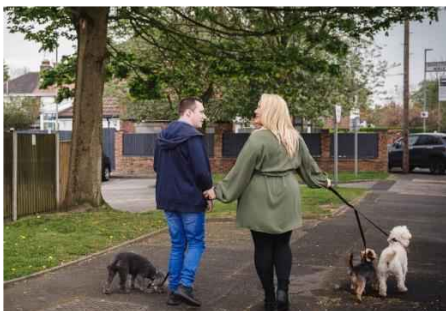
They can give you extra support to live well.



They will like the same kinds of things and enjoy doing activities with you.



They will grow to care about you, and you will care about them.

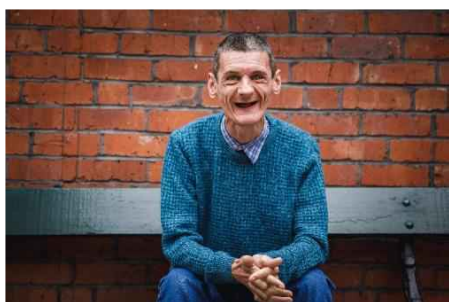


You may often visit them or move in with them.

Is Shared Lives for me?



Nearly 14,000 people use Shared Lives in the UK.



Lots of different people use Shared Lives including people with learning disabilities.



You may need help to be independent and make your own choices.



You may want to be part of a family, make new friends, and access the community.

What can I do in Shared Lives?



It all starts with you and what you want to do.



What is important to you and your Shared Lives carer?



For example, this is James and Andy. They choose to spend time:



Going to work



Gardening



Karate

How can I choose a Shared Lives carer?



You can talk to your social worker or your local Shared Lives service.



The service will look for a Shared Lives carer that you will get on with.



They will send you a profile which tells you what they are like.



You will then slowly get to know each other.



You can do things like
meet for a cup of tea or
go for dinner.



You may sleep at their
house one night.



This will give you both a
chance to make sure you
are happy.

How long will it last?



Like any relationship, Shared Lives can be for a short time or a long time.



It could be you are leaving hospital and you use Shared Lives for a short time while you get well.



It could be you live together with your Shared Lives carer as a family for a long time.

Is there a trial period?



Yes, there is time to try out Shared Lives first.



After you start you can change your mind at any time and not carry on.



Someone from the Shared Lives service will check everything is working well.



At the end of this time both you and your Shared Lives carer must decide whether to carry on or not.

What happens if it does not work out?



Sometimes relationships do not work out.



Your Shared Lives service will help you with any problems.



They will help you look at other options and find the right support.

What happens if my Shared Lives carer becomes ill or not available?



These things can happen sometimes.



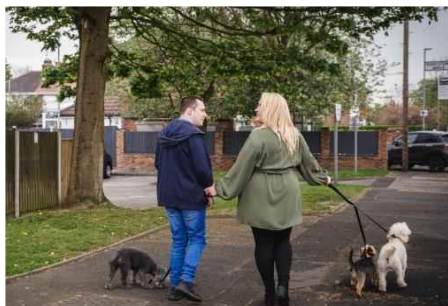
Your Shared Lives service will help you find other support.



People can have short breaks with other Shared Lives carers.



Sometimes people spend time with just one Shared Lives carer.



Sometimes people spend time with another Shared Lives carer in the day.



You will be part of a network of family and friends who may help out.



Sometimes they may support people to go on group outings.

Do Shared Lives carers have insurance?



Yes – either from their local Shared Lives service or from being a member of Shared Lives Plus.

Can my own family still be involved?



You can have a Shared Lives carer and still see your family if you want to.



It is up to you.

How many people can one Shared Lives carer support?



A Shared Lives carer can support up to 3 people.



The number of people they choose to support is up to them.



It is important that everyone gets on with each other.

Can I have pets if I live with my Shared Lives carer?



This is something that would have to be agreed with your Shared Lives carer.

Who pays for Shared Lives?



Usually social services or your local NHS will pay for you to use Shared Lives.



Sometimes you can pay for it yourself.



You will still have to pay
your share towards
household bills and food.

Will Shared Lives carers be trained to support me?



Many Shared Lives carers have worked in health or social care in the past.



They get training on how to be a Shared Lives carer and how to keep people safe.



They can get training on specific medical needs like epilepsy or dementia.

What happens if my support needs change?



Your social worker will come to do a review with you every year to see if your needs have changed.



Your local Shared Lives service will visit you frequently and you can always phone them for a chat.

How will I be supported to keep myself safe?



Your Shared Lives service checks that both your Shared Lives carer and their home are safe.



If you are unhappy, feel unsafe, or want to complain, then you can.



You will be supported to develop life skills to help keep safe online or with people you want to make friends with.

Who do I contact in an emergency?



999



Local Shared Lives service



A friend

How can I find out more and apply for Shared Lives?



You can talk to your social worker or local Shared Lives service.



You can look at our website:

[Shared Lives placement](#)



You can also visit [Shared Lives Plus](#)

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