

# For people using Shared Lives



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## What is Shared Lives?

Shared Lives is where you can go and stay for a few hours, or overnight, or for a holiday, or you can live long term with a Carer and their family in their home.

## Who uses Shared Lives?

Shared Lives is used by adults aged 18 and over and provides care and support for people with learning disabilities, young vulnerable adults, those with mental health issues, physical disabilities, older people over 65, individuals who have been discharged from hospital.

## What are Shared Lives Carers like?

We have Carers of all ages. Some are single, some are married with children, some are married but have no children, some are young adults, some are grandparents, some people work, some are full time at home. But all Shared Lives Carers are ~~nice~~, caring people who are fully trained, experienced, approved and regulated Carers.

## Can I decide where in Leicestershire I want to stay?

Yes, you could say if you wanted to stay in the same area as your family and friends live, or in the same area as you go to college in. We would try our very best to find you a home in the area you wanted, or if we couldn't, then we would offer you a home in the area nearest to where you wanted to stay, but you will be the one that makes the decision.

## Can I meet the Carer first before I decide whether I want to stay there or not?

Yes, you and your family and the people helping you from social care would have a 'matching meeting' with the Carer first where you would meet them and look around their house and see where your bedroom would be. You can even have a few trial ~~stays~~ first before you agreed to stay overnight, or to stay long term, if you wanted to.



## Would I get my own bedroom?

Yes, you will get your own bedroom to sleep in at the Shared Lives Carer's house. If you needed a downstairs bedroom, then we would try our best to find you one.



## Would my Shared Lives Carer help me with my personal care?

Yes, if you need help with washing and dressing, toileting, brushing your teeth, doing your hair, moving around, or help with taking any medicines, then your Shared Lives Carer will have been trained to help you with these daily jobs, and they would be kind and sensitive in helping you with them. Or you might just need someone to remind you to do your own daily care tasks by yourself each day.



*Dominic and Janine*



*Watering the plants*

## Would I be able to bring my own clothes, TV and music?

Yes, you can bring some of your own clothes, toiletries, possessions, TV, stereo, music and films with you to your Shared Lives Carer's home. But if the Carer already has a TV, music and computer there, then you ~~may be allowed~~ to use theirs, instead of bringing your own. The Carer will provide you with a bed, furniture, curtains, bedding and towels.

## Would I be able to use the telephone and internet?

You can ask the Shared Lives Carer if you could use their telephone and computer/ internet. Some Carers would let you make short local phone calls for free, but if you wanted to make long phone calls, or call long distance, then they might ask for some money towards the costs. Also, if you wanted to use the internet then many Carers would let you, for short periods of time, if it was an appropriate / safe website, but if you wanted to spend a long time on the internet then they might ask you for some money towards the costs. Any of these details would be included in the contract that you sign with the Carer.

## Would I be able to eat my favourite foods?

You ~~could tell~~ your Carer what your favourite foods are and they could try and provide you with some of the meals that you like. But our Carers do also need to give you a healthy and balanced diet and cannot buy really expensive foods all of the time. You can talk about any of this with your Carer, either in advance, or during your stay.

## Would I be able to do the activities that I wanted to do each day?

You ~~could tell~~ your Carer what your favourite things to do are, and they can see if it is possible to do these things. If you wanted to go to the cinema or swimming or out for a meal etc. then you would be expected to pay for your own meals and drinks and admission fees yourself, out of your own money/benefits. If you normally go to a day centre then it may not always be possible to go there whilst you are having a holiday with your Shared Lives Carer, due to the travel costs, or the distance involved.

## How much money does it cost to use Shared Lives?

Normally your family, or yourself, or someone else, would contact the Customer Service Centre on 0116 305 0004 and request a social care assessment for you. You would then have a meeting and they would apply for the money so that Leicestershire County Council paid for the cost of you staying with the Carer. As long as you don't have a lot of money in savings and you meet the requirements for a funded service, then Leicestershire County Council should pay for your care. Shared Lives has its own fee levels that they would share with your Care Manager. Shared Lives can also accept privately funded placements if they still qualify to receive a service.

## Would I personally have to pay anything at all?

You would have a ~~benefits~~ assessment under Leicestershire County Council's Finance Team. They would tell you in writing ~~if~~ you had to pay an amount towards the cost of your Shared Lives service. All adults receiving a care service are expected to contribute something ~~if they receive enough money each week in benefits.~~



*Enjoying the picnic*

## What if I decide that I am not happy staying with the Carer and want to leave?

You could tell your family and Care Manager and they would arrange a date with the Carer, for you to leave the Carer's home. The notice period is talked about in the contract.

**sharedlives@leics.gov.uk** or

call **0116 305 8133** or

visit **www.leicestershire.gov.uk/shared-lives-service**

