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# What is the Shared Lives Scheme?

## Definition

The Shared Lives Scheme involves supporting a person with a learning disability to live in a Shared Lives Carers home..

Shared Lives is a very rewarding experience for both you and your carer.

## Interests and needs

People who are looking for help from the Shared Lives Placement Scheme may have many different interests and needs. We have a wide range of carers so we should be able to find someone who can cater for your needs.

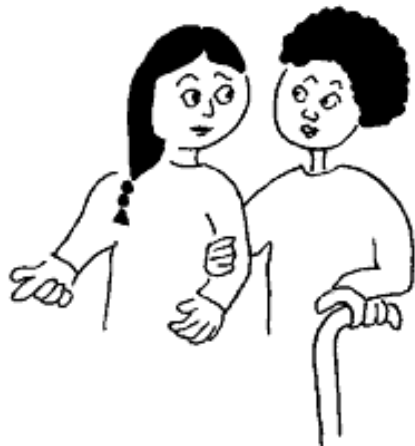


# Philosophy

Newcastle Shared Lives Scheme finds long term placements and short term breaks for adults who have a learning disability.

We believe that service users should have a full and independent life and enjoy being part of the community.

We aim to help people develop new social contacts and broaden their experiences while receiving support to live their daily lives and do the things they enjoy.



# Aims

The Shared Lives Placement Scheme aims to provide a service:

- that listens to what you and your family say you need
- that offers you choice and independence
- that helps you develop your skills
- that helps you to make new friends and relationships
- that helps you to try new activities
- that helps you to experience other ways of living

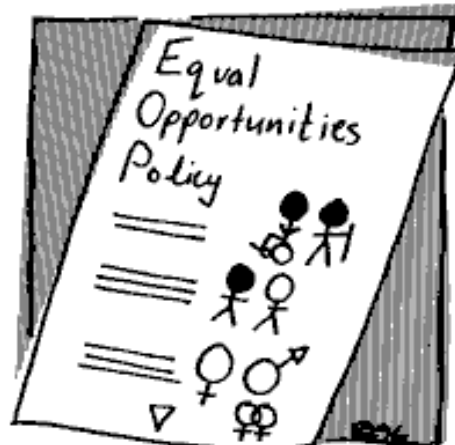


# Equal Opportunities

The Shared Lives Scheme aims to treat you and your family in a fair and understanding way.

We will not treat you and your family differently because of your religion, age, sex, disability or where you come from.

Our service aims to help you have new opportunities and live a full life in a safe way, with the help of your carer.



## Can we help you?

Our Shared Lives Scheme helps people to find a new home, living with Shared Lives carers.

Some carers live alone, some live with a partner and some live with their children.

All our Shared Lives Carers have been trained and assessed by the Shared Lives Scheme and have undergone police checks.

We will tell you about Shared Lives Carers who you could live with as a member of their family, and get any help that you need.



## Where do the carers live?

Most of the carers live in and around Newcastle. However we do have some carers who live in other areas such as Whitley Bay, Tynemouth, Gateshead.

The carers all live in ordinary houses, flats or bungalows.

You will have your own bedroom that will have a single or a double bed. You will be able to take your own personal belongings with you if you would like to, and of course depending on the space in your new home.



# Introductions

When we have helped you to find a Shared Lives Placement that might be right for you we can show you a photograph of the carers and their home.

You will be able to meet the carers and visit them a few times so that you can get to know each other.

When you have stayed overnight once or twice we will ask if you want to try living with the carers to see if it is okay for both of you.

During this time your family, your social worker and the Shared Lives Team will talk about how things are going and how you feel. The whole process can take anything from a few weeks to a few months.

If everybody is happy we can help you to move into your new home.





## About you

We will ask you to help us to write a **Service User Plan** which will tell your carers all about you.

It will say what you do during the day and what you like to do in the evening and at weekends.

Your Plan will say what new things you may like to do and learn.

Your Plan will also say what help you may need to look after yourself and to do the things you want to do.

Any information your carers have about you is private and confidential. It is important for your carers to have as much information as possible to help them provide you with the very best care and support.

Your carers will only share things with other people if they need to, in order to keep you safe or to get help that you need.



## Your new home

When you have moved into your new home we will have regular meetings with you and your carers. At the meetings we will talk about whether you and your carers are both happy and whether there is anything we need to change.

In your new home you will be treated with respect and as a member of the family. You must also treat the people who live with you with respect.

You will have a **Placement Agreement** that will say the things that you and your carers agree to do to help each other.

The Placement Agreement will also say what your social worker and the Shared Lives Scheme will do to help you and your carers.



## Arrangements in your new home

In your Shared Lives arrangement you will have your own room and you can bring your own things to put into it.

Your privacy will be respected at all times. When you are staying with your carer you can spend as much time as you choose in your own room. Your carer or other members of the family will always knock and ask you if they can come into your room. You may have your own key however this is not always the case.

Carers may need to enter your room when returning your laundry or to clean your room.

Your friends and your family can visit you when you want and you can go to see them.



## Help and support

Your carers will do their best to help you to do the things you want to do. This may be going out; having a good time trying new things or it may be attending groups or clubs you are already involved in. You may also be able to go on holiday

Here are some of the things you may like to do:

- Meet new people and make friends
- Visit the pub
- Go shopping
- Go to the cinema
- Go swimming
- Go on outings to different places
- Watch TV and videos
- Use the computer (if your carer owns a computer)
- Play board games
- Cook
- Play pool
- Listen to music
- Help around the house
- Take the dog for a walk (if your carer has a dog)



Your carers can help you with things like:

- Managing your money
- Making a cup of tea
- Making a phone call
- Having a bath



# Transport

When you have a long term placement you will be treated as part of your carers' family. Transport arrangements will usually be organized by your carer although any special arrangements may need to be discussed with your care manager.



# Finance

Your carers will get some money each week to help pay for your Shared Lives placement.

You will also give some money from your benefits each week to help pay for where you live.

We will tell you how much to pay but you will have some money left to buy things for yourself and do things you want to do.



## Medication and health care

Your carer will assist or accompany you to attend appointments you may have, such as:

- Hospital appointments
- GP appointments
- Dental appointments
- Chiropody appointments
- Opticians

You may sometimes need help with personal care tasks such as bathing, showering or washing your hair. You may sometimes need help getting dressed or taking your medication. Your carer will always be on hand to help you with anything you need and will make sure that your privacy and dignity are respected at all times.



# Risk assessment

Your carer will talk to you about how to stay safe when you are doing things together. This is called a **Risk Assessment**, it means you may need to look at things that may happen which could cause you harm.

You, your carer and the Shared Lives Scheme worker will find a way for you to do things safely, or agree for you not to do something that could harm you. The details are then put in writing and agreed by you all.





## Comments and complaints

If there is anything about your Shared Lives Placement you are not happy about we hope you can talk to your carers.

You can also talk to your social worker or the Shared Lives Placement worker.

You have the right to make a complaint if you feel there is a problem with your Shared Lives Placement that is not being sorted out. Your social worker or Shared Lives worker can contact someone to help you with this.

If you have any ideas about how we may change or improve the way we do things please tell us.

If you don't already have a complaints leaflet phone 0191 211 6340 to get one.



## How to contact the Shared Lives scheme

**The Shared Lives staff team is based at:**

Ground Floor  
Westgate Community College  
Westgate Road  
NE4 9LU

**Team members and contact numbers are:**

Westgate Reception	0191 278 8100
Frances Appleyard, social worker	0191 278 8149
Lisa Barnes, social worker	0191 278 5762

