



Derby City Council



Shared Lives

HOW WE CAN SUPPORT YOU

WHAT IS SHARED LIVES?

The Derby City Council Shared Lives scheme enables you to live life to the full in the community, without having to live alone or in a care home. If you need support, you will be matched with a Shared Lives Carer, who will support and include you in their family and community life.

In some cases, you can choose to move in to a Shared Lives Carer's home to become part of a supportive household. Shared Lives can also offer you day support and regular short breaks, sometimes known as respite care.

Shared Lives Carers will:

- help maintain and develop your independent living skills,
- help build friendships and roots in the community,
- welcome you to join in with family life in their own homes.

CAN SHARED LIVES SUPPORT ME?

Shared Lives can support any adult with an eligible social care need. This could include a learning disability, physical disability, a mental ill health diagnosis and older adults with a range of age-related conditions such as dementia. The scheme will support people from the age of 18 years old and this support can be living with a carer full time, an overnight, during the day or all three.

WHY SHOULD I CHOOSE SHARED LIVES?

Shared Lives puts you at the centre of your support and can help you to stay active, develop friendships and live a fuller life. It offers an alternative to long term residential care, day services and respite care. We can help you find the right support which meets your needs. You'll have the opportunity to try it out first, so you can decide if Shared Lives is right for you. Your safety, dignity, independence, and rights will be maintained.

You will have a Shared Lives Coordinator who will visit monthly and support you and your carer. They will meet with you to make sure things are going well. Shared Lives will make sure your safety, independence and your rights are maintained. You will be treated with dignity and respect and included in all decisions regarding your care.



WHO ARE SHARED LIVES CARERS?

Shared Lives Carers come from all communities and walks of life and undergo a rigorous assessment process before being approved. All of our Shared Lives Carers receive on-going training and are Disclosure and Barring Service (DBS) checked. The Shared Lives scheme is regulated and inspected by the Care Quality Commission. You will be matched with a carer with similar interest to you and you will get to meet your new carer before you decide if Shared Lives is for you.

Our carers will ask you about your interests and hobbies and what you like and dislike so they can make sure you are supported the way you would like. You will also visit the carers home and meet any other people that live there.

WHAT KIND OF SUPPORT CAN I GET AND WHERE?

Each Shared Lives arrangement is personalised to your own support needs. Support may include, but is not limited to:

- **Support with your hobbies, such as baking or arts and crafts.**
- **Supporting you to engage with the community.**
- **Supporting you to visit your friends and family.**
- **Supporting you to develop your independence skills.**

Depending on your circumstances, you could choose to live with a Shared Lives Carer in a friendly household with your own bedroom. Alternatively, you might choose to stay for a few days at a time, or visit for daytime support. Whichever you choose, you will have the opportunity to make new friends and be supported to keep in touch with the people who are important to you.

WHAT PEOPLE HAVE SAID ABOUT SHARED LIVES

"My brother needed more support and his dementia made it difficult for him to get out in the community. When his Shared Lives carer started calling round and taking him out, it was as though he had a new lease of life. He met up with old friends at the local shop and this meant so much to him. It really brought him out of himself."

This is what a customer's family member thought of Shared Lives

"I have been living with a Shared Lives family since 2014, they have supported me through the good and the tricky times. They have helped me to make the right choices to do the things I would like to do. They have also helped me to build my relationships with my friends who are a good group of people. I am so thankful to have such an amazing family to live with, I wish the family were my real family because they have a lot of care and respect for me which is really nice. I will still be in contact with the family and also with my friends. Soon I hope to be moving into a supported living flat and it will be a big change for me because I have not done this before, but I am looking forward to it. My time in Shared Lives has helped me to be more independent so that I will be able to do things for myself e.g cooking my own meals, food shopping and also keeping my flat tidy. Shared Lives are the best. I am so glad to be a part of the Shared Lives Family. Thanks."

This was written by a customer who is living with a carer long term but is now ready to move on to their own home

Shared Lives is a wonderful opportunity for people to enjoy their lives to the full and to develop and improve independence skills. It is a great alternative to living alone in isolation or within a care home.

HOW DO I FIND OUT MORE ABOUT SHARED LIVES?

If you're already receiving support from Derby City Council and have a Social Care Worker, you can discuss your needs with them, and they can make a referral to the Shared Lives team on your behalf. Alternatively, you can contact the Shared Lives team directly and we'll be happy to answer any of your questions or queries.

If you are interested and would like more information, please contact one of the team

Telephone: **01332 640777**

Email: **sharedlives@derby.gov.uk**

Website: **derby.gov.uk**





We can give you this information in any other way, style or language that will help you access it. Please contact us on **01332 640777** or **derby.gov.uk/signing-service**

Punjabi

ਇਹ ਜਾਣਕਾਰੀ ਅਸੀਂ ਤੁਹਾਨੂੰ ਕਿਸੇ ਵੀ ਹੋਰ ਤਰੀਕੇ ਨਾਲ, ਕਿਸੇ ਵੀ ਹੋਰ ਰੂਪ ਜਾਂ ਬੋਲੀ ਵਿੱਚ ਦੇ ਸਕਦੇ ਹਾਂ, ਜਿਹੜੀ ਇਸ ਤੱਕ ਪਹੁੰਚ ਕਰਨ ਵਿੱਚ ਤੁਹਾਡੀ ਸਹਾਇਤਾ ਕਰ ਸਕਦੀ ਹੋਵੇ। ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੇ ਨਾਲ ਇੱਥੇ ਸੰਪਰਕ ਕਰੋ: **01332 640777** ਜਾਂ **derby.gov.uk/signing-service**

Polish

Aby ułatwić Państwu dostęp do tych informacji, możemy je Państwu przekazać w innym formacie, stylu lub języku. Prosimy o kontakt: **01332 640777** lub **derby.gov.uk/signing-service**

Slovak

Túto informáciu vám môžeme poskytnúť iným spôsobom, štýlom alebo v inom jazyku, ktorý vám pomôže k jej sprístupneniu. Prosím, kontaktujte nás na tel. č.: **01332 640777** alebo na stránke **derby.gov.uk/signing-service**

Urdu

یہ معلومات ہم آپ کو کسی دیگر ایسے طریقے ، انداز اور زبان میں مہیا کر سکتے ہیں جو اس تک رسائی میں آپ کی مدد کرے۔ براہ کرم **01332 640777** یا **derby.gov.uk/signing-service** پر ہم سے رابطہ کریں

