

Our Shared Lives Carer Family

Carlos Marie has lived with us for the past nine years where we've supported her to develop her confidence and belief that she can really do the things she dreams of. After her first overseas adventure in 2012, which was not without incident, Marie wanted to go to Graceland, the birthplace of Elvis Presley. So I went with her on the trip, touring Memphis and Nashville, learning all about Elvis and his music. Marie is now dreaming about where she would like to go next. That's after our family holiday to Tenerife of course!



Vita We look after David who has autism and very little verbal communication. David is very rigid in his thinking and his mum never thought that he would ever go anywhere without her. He now visits us every Wednesday afternoon and greets us with a High 5. He loves to do puzzles when he visits and stroke our cat. David likes to look out of the landing window and always checks all the rooms to make sure his puzzles have not moved. We are planning to take David out in the next few weeks as he seems ready to make the next step into our community.

Keeley Kirsty comes to stay at my house to give her parents a regular break. She gets very anxious around crowds of people. However, I've been supporting her to overcome this and she thoroughly enjoyed her first attendance at one of Mansfield Town's home games. Kirsty was so impressed that she even bought a Mansfield Town football shirt to celebrate!

Our Shared Lives carers are passionate and dedicated about the support they provide and this is why Shared Lives is such a successful form of care in our community. By offering time and encouragement, carers are able to develop long term, rewarding relationships with the person that they welcome into their family and home.

Shared Lives carers come from all walks of life and choose to care for lots of different reasons. Potential carers go through a rigorous assessment process to ensure the safety and wellbeing of everyone involved. We carefully match the Shared Lives carer with the person requiring support to make sure that the arrangement works well for everyone.

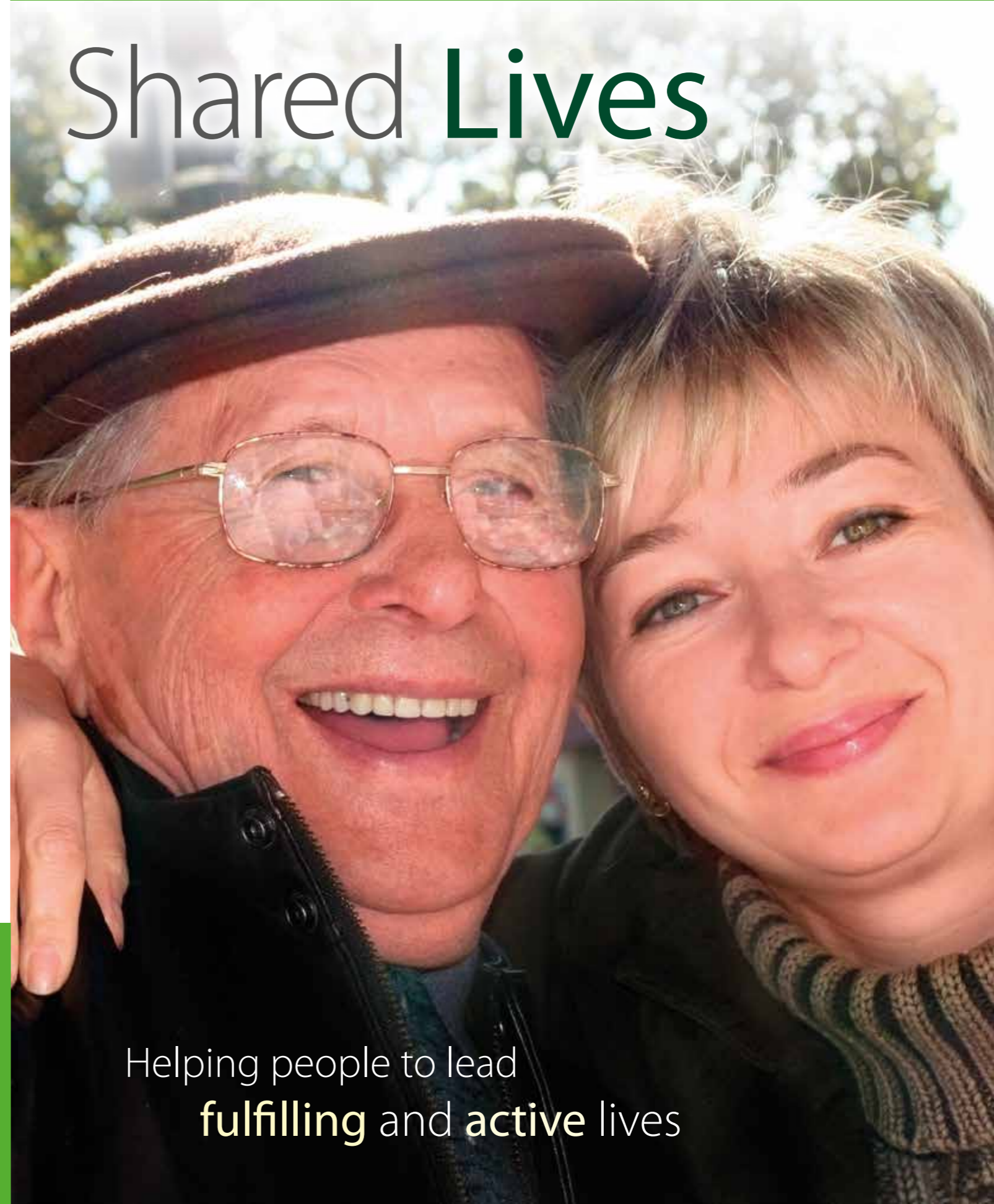
Shared Lives carers need to be flexible, patient and practical with an approach that is centred on the person they are supporting. Commitment, motivation and enthusiasm are more important than formal caring qualifications as training is provided by the scheme.

Shared Lives carers are self-employed and work from home. They receive payments depending on the amount of help they provide and the level of need of the person they support. Shared Lives carers typically provide a great deal more than they can be paid for, but payments do help with rent and running of the household where applicable. Shared Lives carers are also eligible for a tax break relating to their payments.

If you could help someone to live a fulfilling and active life, please contact us:

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Shared Lives



Helping people to lead
fulfilling and active lives

Shared Lives currently supports thousands of older people and people with disabilities to lead fulfilling and active lives. Uniquely, it enables people from all kinds of backgrounds to draw on their families, friends and neighbours in supporting some of our most isolated and vulnerable people, using the carer's own family home.

In Nottinghamshire, Shared Lives carers share their home and community life with individuals, ranging from a few hours a week, to long term live-in arrangements. Carers support older people, people with dementia, people with disabilities or mental health needs, as well as young people leaving foster care, people moving out of residential care and people with learning disabilities.

Sharing home, community and family life doesn't just create happier lives for people supported by Shared Lives arrangements, it also provides value for money when compared to traditional forms of care and leads to better outcomes for people.

A Shared Lives arrangement can offer:

- Somewhere to live
- Somewhere to stay for a short break
- Somewhere to go for day time support
- Someone to support people to live independently or be part of their community.

Shared Lives carers and the people they support are matched carefully to make sure that they feel comfortable with each other before agreeing to spend time together. The Shared Lives carer acts as 'extended family' so that someone can live at the heart of their community with the benefit of a supportive family setting.

Who we work with

David

David stayed with Hilary and Ian for a short while after moving out of foster care.

David said: "It's a good experience to be in Shared Lives because you learn lots of new things like cooking and stuff and going on the bus. You can do things you want to do and it is your choice but you have to ask Hilary and Ian and they tell you if it is OK.

"You have lots of laughs and banter and have fun and jokes and play tricks on Ian like hiding the doughnuts in the cupboard. Meg is a nice dog and I take her for walks on the field. It's great to have new friends and a new family and get to know them really well."



Rachel

Rachel lives with her Shared Lives carer, Rita. They do all sorts of things together including shopping, swimming, going out for meals and going to the cinema.

Rachel said: "I don't know where I would be without Rita. She supports and encourages me to do so many things and to enjoy life. Before I came to live with Rita I had to walk with a frame. Rita has helped me to develop the confidence to lose weight and make something of myself."



David

David lives with his grandma and sister and has regular short break visits with his Shared Lives carer, Kat. David says that his favourite thing about visiting Kat is seeing Mickal who is Kat's 11 year old son. David and Mickal have become great friends and like to watch films and play video games together.

David said: "If you're thinking about becoming a carer, you should go for it. My life is better now I visit Kat and Mickal and you could make someone's life better too."



Tony

Tony was an active man when he suffered a terrible accident. He had to go into hospital for a few weeks, but when he was discharged, he was unable to take care of himself.

We arranged for one of our Shared Lives carers, Kerry to collect him from hospital and take care of him for a few weeks in her own home until he was able to get back to everyday life.

Tony says: "I don't have any family of my own, so being able to stay with Kerry and her family was just what I needed to get me back on my feet. Now I'm better, I regularly pop in to see Kerry and her family and often go on a Sunday because I then get lunch!"

