



Shared Lives - a service for people who need support

What is Shared Lives?

Shared Lives is a scheme where carers are trained to look after older people, people with physical disabilities, learning disabilities or mental health needs. The support is mainly provided in the carer's home. It aims to help people to experience ordinary life with real relationships. Shared Lives is a regulated service.

Can I use Shared Lives?

Shared Lives is for people who:

- need support to live in the community
- are over 18
- are eligible for social care services.

This includes people who have:

- a learning disability
- a mental health issue
- a physical disability
- other disabilities or impairments which cause them to be at risk.

Can I get support from Shared Lives?

The support depends very much on your needs. It can include things such as:

- having someone to help with skills such as cooking or managing money
- having support to be part of the community
- having a friendly voice on the end of the phone

How does Shared Lives work?

Shared Lives can be delivered in several different ways:

- **Living in a carer's home** and getting support with everyday life. This can be for a short period of time or it may be for months or years.

- **Day time support** – where you have regular support sessions in the carer's home and out in the community.
- **Outreach support** – where you live in your own home and the carer provides help where needed so you can live independently.

How can I get support from Shared Lives?

Speak to your social worker or contact us and tell us about your needs. You will need to have a social care assessment to see if you are eligible for support. If you already have contact with a social worker, talk to them about getting support from Shared Lives.

If you are eligible and Shared Lives is suitable for your needs, we will try to match you with a carer. This means you get a chance to find out about the carer and they can find out about you to make sure everyone is happy before any support starts.

Do I have to pay for Shared Lives?

If you are eligible for Shared Lives, you may have a personal budget to pay for support. You will have to pay towards your living costs if you live with a carer or stay with them in their home.

Contact information:

Phone: 0300 500 80 80

E: sharedlives@nottsc.gov.uk

W: www.nottinghamshire.gov.uk/sharedlives

Minicom: 01623 869598

Phone 0300 500 80 80 if you need the information in a different language or format.