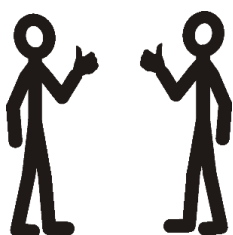


Shared lives



This easy read document tells you about 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 experience ordinary life with real relationships.

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.

What support does Shared Lives provide?



The support depends very much on your needs. You can get help with things like:



- 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 other end of the phone.

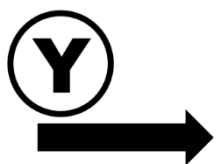
How does Shared Lives work?



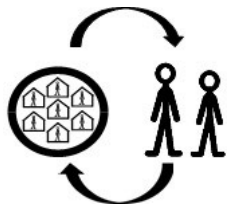
There are different ways that Shared Lives can work.



- Living in a carer's home and getting support with everyday life.



This can be for a short time or many months or years.



- **Day time support** is where you have regular support sessions in the carer's home and in the community.



- **Outreach support** is where you live in your own home, and the carer provides help when you need it so you can live independently.

How can I get support from Shared Lives?



Speak to your social worker or get in touch with us to tell us about the help you need.



You will need to have a social care assessment to see if you can have support.



If you already have a social worker, you can talk to them about getting help from Shared Lives.



If 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: 0115 977 2110



Email: sharedlives@nottscc.gov.uk



Visit the [Shared Lives website](http://sharedlives.nottscc.gov.uk)



You can phone 0300 500 80 80 if you need a different language or format.

Links in this document

Shared Lives website

nottinghamshire.gov.uk/care/adult-social-care/somewhere-to-live/shared-lives

For plain English web page version of this information, go to:

[Shared Lives factsheet for service users \(Nottinghamshire County Council\)](https://www.nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/shared-lives-factsheet-service-users)

[nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/shared-lives-factsheet-service-users](https://www.nottinghamshire.gov.uk/care/adult-social-care/social-care-publications/shared-lives-factsheet-service-users)

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