



### John's story

John is a 38 year old man who has a learning disability. He lives with his parents who are his carers. John is keen on getting out and about and trying new experiences. He is very active, enjoys all sports and socialising.

He was referred to Shared Lives for respite by his Care Manager and was introduced to Sarah and Brian who are Shared Lives Carers and provide holiday respite. After visiting them for a short visit and then a trial weekend stay John decided to stay with Sarah and Brian for his regular respite. John particularly enjoys going swimming with them to the local pool.

### Jean's story

Jean is a 66 year old lady who has suffered with mental health issues since she was 25. She lives with her husband Bill who is 70 years old and is her main carer. Bill has health issues himself and needs a break from caring for Jean. Bill was initially reluctant to look for respite as he felt that Jean was happy in her own home. However, as Bill has become less able to care for Jean he agreed to consider respite. The Care Manager helped him to find a Shared Lives Carer Jenny who both he and Jean went to visit. They all enjoyed the visit and Jean then started having respite once a month for a weekend. She has been very happy having respite with Jenny for 5 years now and looks forwards to her stays.



### How do I find out more about Shared Lives short/respite stays?

To find out more you can:

- Look at the Shared Lives website: [www.hants.gov.uk/shared-lives](http://www.hants.gov.uk/shared-lives)
- Talk to your Care Manager
- Shared Lives staff are always happy to talk to people who are interested in finding out more information about the Shared Lives Scheme either for themselves or for someone else.

It is important to be aware that the Shared Lives Scheme is a personalised service within a family setting and we may not always be able to suggest a Shared Lives Carer who has the necessary skills or availability to meet your needs.

**Please call Adult Services for further information: 0845 603 5630\***

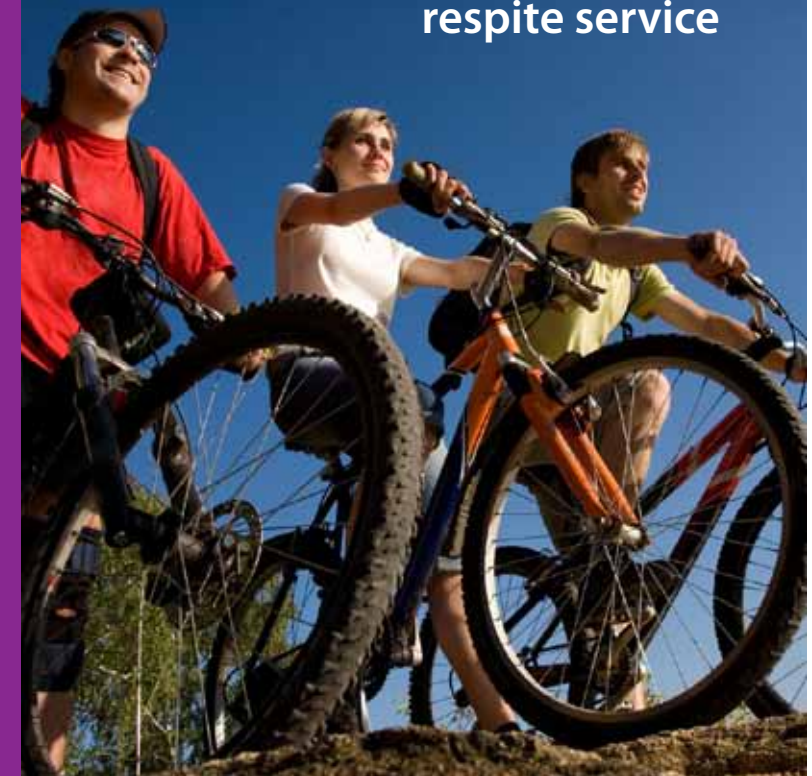
If you need this leaflet in another format, such as Braille, another language, audio or large print please call 0845 603 5630.

\*Calls to 0845 numbers will cost between 4p (local rate) and 6p (national rate) per minute for BT customers. Calls made using other service providers or mobiles may cost more. Alternatively call 01329 225398 – standard and local call rates apply to this number.

# SHARED LIVES

Sharing homes enhancing lives

## Information about the Shared Lives short stay/ respite service



[www.hants.gov.uk/shared-lives](http://www.hants.gov.uk/shared-lives)



Hampshire  
County Council

# SHARED LIVES

Sharing homes enhancing lives

## What is a Shared Lives short/respite stay?

Shared Lives Carers share their home with you for a short time. Shared Lives Carers undertake a thorough assessment process in order to be approved as Carers. This process includes a Criminal Records Bureau check and training. Carers are then managed by a Shared Lives Manager from the Shared Lives Scheme. The Shared Lives Scheme is inspected by the Care Quality Commission (CQC).

Short breaks users include all age groups and care groups such as Learning Disabilities, Mental Health, Older Persons and Physical Disabilities.

## How can I apply for a Shared Lives short/respite stay?

- A short/respite stay can only be provided after an assessment by a Care Manager.
- Your needs, likes, dislikes and interests are identified so that you and any possible Shared Lives Carers can be carefully matched.
- Short/respite stays can be arranged on a regular or occasional basis.



## Who pays for short / respite stays?

Your Care Manager will give you more information about charges for short/respite stays with the Shared Lives Scheme.

## A short break can

- Provide a holiday for you.
- Give your carer/s a break from caring for you.

## How are short stays/ respite organised?

- You can tell us all about yourself – your needs, likes, dislikes and interests
- We can then match you with a Shared Lives Carer who can meet your needs
- You can visit the Carer for an introduction and if all goes well a short stay can be organised

