What is Shared Lives?

A Shared Lives placement can be:

- Somewhere to live
- Somewhere to stay for a short break
- Somewhere to go for a daytime support

In every Shared Lives placement you are helped and supported by people called Shared Lives Carers who will include you as part of their family. Some of them are couples, some are single people. Some have children. Some have pets and some provide help and support to more than one person.
Ealing Shared Lives

Statement of Purpose

Ealing Shared Lives provides quality, person-centred support services to adults with learning disabilities in the London Borough of Ealing, promoting independence and supporting people to navigate and enjoy all of the rights and responsibilities of citizenship.

Who is supported in Shared Lives?

Shared Lives placements are available for all adults aged 18 or over with a learning disability, ordinarily resident in the London Borough of Ealing. There are three main types of Shared Lives:

- Long-term placements, where the person lives full-time with a family in the community
- Respite placements, providing short breaks for people and their families
- Community support placements, either in an SL Carer’s home or out-and-about in the community, for a few hours per week

The Scheme only accepts referrals from Ealing’s Community Team for People with Learning Disabilities (CTPLD). Please phone 020 8566 2360 to make an appointment to speak with a Social Worker about your Support Plan.
Objectives

- To foster a happy and stable environment within the home.

- To promote positive outcomes for people by working with the individual and their family or advocate, their Social Worker and their Shared Lives Carer.

- To care for the well-being of the person in relation to their physical, mental and emotional health and any other individual needs.

- To work within the principles of rights, responsibilities, independence, choice, inclusion and dignity for all people, at all times.

- To ensure that people are their own primary decision-makers wherever possible, and to provide information in a form appropriate for their communication needs so that they can make informed decisions about their lives.

- To provide opportunities for people to develop, learn and grow, to have supportive networks of friends, family and professionals, and to be an active participant in everyday life.

- To ensure culture, religion and individual needs are considered when matching people with SL Carers, to encourage mutually beneficial relationships.

- To improve the service we provide by asking for feedback from people who use the service, their families, SL Carers and any other interested parties, and acting on that feedback.
Who we are

Ealing Shared Lives is part of the London Borough of Ealing. The Scheme was registered in 2010 for the provision of personal care under the Health and Social Care Act, 2008.

We are managed as part of CHOICE, Care and Housing Options in the Community of Ealing.

The Scheme is based at:

Ealing Shared Lives
2nd Floor, Everyone Active Acton Centre
High Street,
London
W3 6NE

Phone: 020 8825 5436
Fax: 020 8825 7989
Email: kirazc@ealing.gov.uk

The Responsible Individual for the purposes of the Regulations is:

Stephen Day
Director of Adult Services, London Borough of Ealing
Perceval House
14-16 Uxbridge Rd
London, W5 2HL
Tel: 020 8825 6806

The Registered Manager for the purpose of the Regulations is:

Catherine Kiraz
Ealing Shared Lives - CHOICE
2nd Floor, Everyone Active Acton Centre
High Street,
London
W3 6NE
Tel: 020 8825 5436
Who works for Ealing Shared Lives?

Shared Lives Co-ordinator
Catherine Kiraz

Shared Lives Officer
Ramune Varne
What does the Shared Lives Coordinator do?

- Supervises Shared Lives Carers
- Monitors placements
- Supervises the Shared Lives Officer
- Undertakes reviews
- Matches people to Carers
- Recruits and trains new Carers
What does the Shared Lives Officer do?

• Undertakes reviews and person centred plans

• Supervises Carers

• Assists the Shared Lives Coordinator

• Supports placements

• Coordinates care plans
How does the process work in Shared Lives?

1. Ealing Shared Lives get a referral from your Social Worker. We then do an assessment on you to find out all about you and what your needs are.

2. We find a Carer for you who we think you would like.
   • We do lots of checks, including criminal checks called Disclosure and Barring Service (DBS), on people who want to become Shared Lives Carers.
   • We make sure they are the right kind of people to be Shared Lives Carers and have the skills to support people like you.
   • We also give them training.

3. We match you with the Carer who we think will be right for you.

4. We introduce you to the Carer and help you to get to know each other. You will spend lots of time with the Carer (including overnight and weekend stays) so you can get to know each other well before making a decision.
5. When you think that the Carer is right for you, we monitor the placement closely for 3 months to make sure that everyone is happy with it.

All of the people living in Shared Lives placements have a Support Plan and a Placement Agreement so that you and the Carer always know what to expect from each other.

**The Support Plan** is about you, what you like and do not like and about any help that you need while you are staying with, living with or supported by the Carer to do the things you enjoy doing and be as independent as you can.
The Placement Agreement says what you and your Shared Lives Carer agree to do to help the placement go well. It also says what your Social Worker and the Shared Lives Scheme will do to help support you and your Shared Lives Carers.

We will write the Support Plan and the Placement Agreement together with you.
Staying long term with a Carer

You will have your own bedroom and share the rest of the house with the Carer and their family.

Your bedroom will be furnished but you can bring with you any of your own things you want that will fit into your room.

Your bedroom is private to you and you may have your own key.
This is your bedroom and you will be expected to look after it.

You can eat your meals with the family.

You will be asked to help out with preparing meals and keeping the house clean and tidy.

Your Carer will help and support you with your day to day life and to be as independent as possible.
Respite support

Respite support is when you stay with another Carer for a short period of time. Sometimes you can stay for a couple of hours or a few days and other times, you may stay for a few weeks. This is so you and your main carer get a break.

You can be supported either in the Carer’s house or in the community.

If you are supported in the community, then your Carer would normally come to your house to collect you and would bring you back home once you finished.

Staying with a respite Carer is like living at home. The respite Carer will support and help you with your day to day life while you are staying with them, you will carry on with your usual activities.
You can choose from different services for respite support in Ealing

Ealing Shared Lives
020 8825 5436

Ealing Mencap
Value Life
020 8567 9185

Support for Living – Breakaway activity respite service
020 8810 8111

Short Break Service
020 8579 9558

Residential Short Break Service
020 8354 5900
Will my carers get paid and how much would I need to pay?

Carers will be paid some money to give you the help you need. This money comes from your local authority (Ealing Council).

The amount they are paid will depend on the support provided to you. For day support, Carers are paid an hourly rate. For overnight stays and longer they are paid per day.

Before the placement starts your Social Worker looks at your savings and benefits and decides how much you will need to contribute to your placement. The rest of the money will come from your Personal Budget.
If there are any costs we will make sure that you know how much you will have to pay towards the cost of your placement before the placement starts.

**Looking after your own money**

Your Carer can help you to manage your money. They can help to look after your money if that is what you want, or help you to save some money by writing up a budget plan with you and helping you stick to it!

What your Carer or the Shared Lives Scheme **CANNOT** do is to become your **LEGAL APPOINTEE** or **POWER OF ATTORNEY**.

A Legal Appointee or a Power of Attorney is a person who has complete control of your money and can decide by law what happens to your money and how best to use your money.

People who cannot look after their own money usually have a relative or close family friend as their Legal Appointee. Please talk to your Social Worker about your options.
Living and staying in a Shared Lives placement—
Frequently Asked Questions

Can I still do the things that I like doing?  YES

We will try to find a placement that is not too far from where you live so that you can still do the same things during the day that you do now.

If this is not possible we will tell you and if you want, we will help you to find something new to do during the day.

Will I still be able to see my friends?  YES

Friends are important and both the Scheme and your Carer will do everything they can help you to see your friends.
Will I be able to visit my family? **YES**

You can visit your family whenever it is ok for both of you. Your Carer can help you with arrangements to visit if you want to.

Will my family and friends be able to visit me? **YES**

Your family and friends will be welcome to visit you.

Your Carer will make sure that you can see them privately in your own room or in another room in the house.

You will also need to make sure you respect your Carer’s privacy when they want to have friends and family over too!
Information about what you can do during the day:

Real me at Mencap
020 8566 9575

Cowgate Day Centre
020 8575 9100

Disability Employment Advice -
Ealing Job Centre
020 8258 3192

Impact Theatre
Company
020 8997 8979

Ealing, Hammersmith
& West London College
0800 980 2175

And lots more!
Information about leisure activities:

- CHOICE Social Groups – organiser is Sandra 07958 037 516
- CHOICE coffee mornings and cinema trips – organiser is Cecelia 07958 795 462
- Breakaway – 020 8810 8111
- Certitude ‘Out ‘n’ About’ group – 07507 196319
- Gateway Club – 020 8566 9575
- Football in the community – 020 8847 2511

Ealing Shared Lives and your Shared Lives Carer can support you to look for leisure activities.
Calling the emergency number

ASK FOR THE POLICE
If the house has been burgled, broken into or someone strange is outside

ASK FOR THE AMBULANCE
If you or anyone with you is hurt badly

ASK FOR THE FIRE BRIGADE
If there is a fire in the house or you are trapped somewhere and can’t get out
Keeping yourself safe

Always carry your mobile phone and panic alarm (if you have one) with you when going out.

Always tell someone where you are going and when you expect to return.

Plan your journey in advance.

Walk on busy roads and keep away from alleyways and subways, especially at night time.
Never accept a lift from a stranger or someone you don’t trust completely.

Don’t carry large amounts of money around with you. Keep all your valuables safe and out of sight.

Don’t give out your personal details like your telephone number, address or your bank details to someone you don’t know or trust.
Always use a registered taxi company to book a taxi and always book it in advance.
EATING HEALTHILY AND LOOKING AFTER YOURSELF

- Eating different types of healthy food keeps you strong and healthy.

- Eating good food can stop you from getting ill, especially when you get older.

- Bad foods are high in fat which can make you put on weight.

- Bad foods have lots of sugar in them which can be bad for your teeth. Also foods that are high in salt are bad for your heart.

- Eating lots of bad food can also make you feel sleepy a lot of the time and contribute to other health issues like diabetes and heart disease.
We should only eat these foods as treats and not eat them everyday as BAD FOOD IS BAD FOR YOUR HEART AND HEALTH!
- EXERCISE is really good for your heart.
- EXERCISE can make you feel good about yourself.
- EXERCISE can be fun and help you to stay fit.
- EXERCISE can be free.

We should all try to EXERCISE at least 3 times a week for about half an hour at a time.
What happens if I am not happy about something in my Shared Lives placement?

If there is something that you are unhappy about in your Shared Lives placement you should, if you can, tell your Carers so that you can sort out the problem together.

If there is something you do not want to talk to your Carers about, you can tell:

- A member of your family or a close friend.
- Your Social Worker.
- A member of staff at work or day centre.
- Your Shared Lives Officer.

These people will be able to help you.
Ealing Shared Lives is registered with the Care Quality Commission (CQC). You can contact them if you want to say something about the Scheme.

The address and telephone number is:

Care Quality Commission  
Citygate  
Gallowgate  
Newcastle upon Tyne, NE1 4PA  
Tel: 03000 616161  
Email: enquiries.london@cqc.org.uk

If you have a serious problem about something to do with your Shared Lives placement, you may need to make a complaint.

A complaint form is at the back of this booklet.

If you want help to make a complaint you can ask your Social worker if you can have an Advocate, or you can ask a family member or friend to help you.
The Scheme also works closely with the Disability Advice Bureau of Ealing Mencap, to make sure you have someone independent you can talk to about your Shared Lives placement.

You can telephone the DAB Advice and Advocacy project on 020 8840 8573.

**Partners Power Group**

The Partners Power Group represents people with learning disabilities to Ealing's Learning Disabilities Partnership Board. The Independent Living Rep represents people living in supported living and Shared Lives placements.

If you have an issue you would like to discuss with the Independent Living Rep or to be raised at the Partnership Board, please ask your Shared Lives Officer for contact details.
What happens if I do not want to stay, live or be supported by my Shared Lives Carer(s) any more?

Some Shared Lives placements last a long time because you and everyone else agree that things are going well for you and your Shared Lives Carers. Other Shared Lives placements end because:

- Either you or your Carer have not been able do the things you both agreed in your Placement Agreement and Support Plan.

OR

- You feel ready for a move.

OR

- Your Shared Lives Carers feel that they are not the right people to support you anymore.
When you decide to end the placement you will need to tell your Social Worker if you have one or your Shared Lives Officer.

Often when you have decided together that a Placement should end, you will need to stay with your Shared Lives Carers for a little while longer before moving – this is called “Notice Period” and it will say in your Placement Agreement how long it will be.

During this time your carers, Social Worker and Shared Lives Officer will help you to decide where you want to move on to and to plan how you are going to do that.

We can also try to find you a new Shared Lives placement if you want to.
THINKING ABOUT MOVING ON?

Planning for your future can be a bit confusing if you don’t know what is available for you.

Ealing Shared Lives can help you to plan and prepare for your future.

There are options for you to think about when you decide to move on.
1. You can move into a ‘Supported Living’ house with 2 or 3 other people. You will have staff there helping you to live in the house independently.

2. You can live in a rented flat on your own and have a support worker or support tenant to help you live there independently.

3. You can buy a flat through a Housing Association Shared Ownership scheme. This lets you buy up to half of the property. If you are on Income Support, this may pay for your mortgage and Housing Benefit can pay for the rent.

4. You can move in with another Shared Lives Carer if you feel that your Carer has helped you all they can, or you don’t like the placement you are living in.

If you want to move on, have a chat with your Shared Lives Officer and we can help you to decide which option you want to take. We can also help you to look into other housing options available to you.
MAKING A WILL

Everyone dies one day. Have you thought about what you would like to happen to your belongings and to your money when you pass away?

You could make a will which will clearly state who will get your different belongings.

You could ask your Carer or Shared Lives Officer to make an appointment for you to see a solicitor. The solicitor will write the will up for you once you tell him/her what you want to happen to your belongings.

If you want more support with this, please speak to your Shared Lives Officer.
COMPLAINTS

I want to complain, I want to meet:

Ramune

Catherine

in private because......

I am feeling sad

I am feeling frightened
I don’t like something

I am feeling angry

I am feeling worried

Name……………………………………Date……………………