



Shared Lives MK Scheme Guide



Shared Lives Scheme Guide



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This Guide will tell you about Shared Lives and the Shared Lives MK scheme

**If you have any questions about what you read or you want further information
about Shared Lives arrangements you are welcome to contact:**

Name :Carly Mander

**Address:Shared Lives MK , 4 Mathiesen Road,Bradwell,
Milton Keynes, MK13 7AG**

Telephone No:01908258088

Email:Sharedlivesmk@milton-keynes.gov.uk



Shared Lives MK provides care and support to adults with support needs in the Shared Lives carer's own home. Under the scheme Shared Lives Carers are given training and have checks to ensure that they are suitable to become a Shared Lives Carer.

Shared Lives MK can offer different types of Shared Lives Agreements including long term placements, short breaks and day placements.

Equal Opportunities

Shared Lives Mk policy is to support the council's corporate commitment to equal opportunities. This is outlined in Milton Keynes Council Equality Policy.

- Age
- Disability
- Gender reassignment (including Those in transition)
- Marriage and civil partnership
- Pregnancy and maternity
- Race
- Religion or belief
- Sex
- Sexual orientation

The council's overarching commitment to equalities is captured in its Comprehensive Equality Policy

<https://www.milton-keynes.gov.uk/your-council-and-elections/council-information-and-accounts/equalities>



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A Shared Lives arrangement can be:

- somewhere to live
- somewhere to stay for a short break
- somewhere to go for day time support

In Shared Lives arrangements you are supported by someone called a Shared Lives carer who will share their home with you and include you as part of their family.

There are lots of different kinds of Shared Lives carers. Some are couples and some are single people, some have children, some provide support to more than one person.

All Shared Lives carers are part of a Shared Lives scheme. The Shared Lives scheme is registered with the Care Quality Commission.

Your Shared Lives worker can tell you more about this.

The Registered Manager for this Shared Lives scheme is:

Name: Susie Payne

Address : 4 Mathiesen Road, Bradwell,
Milton Keynes, MK13 7AG

Tel. No :01908225164



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What can a Shared Lives arrangement offer me?

In a Shared Lives arrangement:

YOU will have chosen your own Shared Lives carer(s).

YOU will share a home, which will be clean and well looked after.

YOU will be part of your local community.

YOU will have the company of other people but also have your own independence as an adult.

YOU will be able to meet new people and make new friends.

YOU can get the support you need to do things you choose to do.

YOU can learn new skills.

YOUR Shared Lives carers will respect you, and support you to make choices and decisions and be in control of your own life.

What does our Shared Lives scheme do?

The Shared Lives scheme:

1. Finds people who want to be Shared Lives carers:
 - We do lots of checks (including checks with the police) to make sure that they are safe
 - We make sure they are the right kind of people to be Shared Lives carers and have the skills to support you properly
 - We give them training and other opportunities to continue to develop their skills and knowledge
2. Matches you with Shared Lives carers who we think will be right for you.
3. Introduces you to Shared Lives carers, and helps you get to know each other by spending time together (including overnight stays if you are going to live or have short breaks in the Shared Lives carer's home).

When you have decided which Shared Lives carers are right for you, we write an Individual Support Plan and a Shared Lives Arrangement Agreement together with you. These explain the details about the support you will be provided with, and you will have a copy of both documents.



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After you have begun your Shared Lives arrangement a Shared Lives worker from the Shared Lives scheme will visit you and the Shared Lives carer regularly to make sure things are going well, and to help you and your Shared Lives carers sort out any difficulties.

We make sure that review meetings are held regularly (at least once a year) to talk about whether you or your Shared Lives carers want to change anything about the arrangement.

Who do I tell if I would like a Shared Lives arrangement?

You could tell your Social Worker or Care Manager if you have one, or another supporter.

You could also tell a Relative or Friend so that they can find the right person to help you.

Can I choose my Shared Lives carers?

YES!

1. We will tell you about Shared Lives carers who we think you might get on well with.
 - We will tell you where they live
 - We will tell you about their house
 - We will tell you how many other people live there and how old they are
 - We will tell you what they enjoy doing and whether they have any pets
2. If you would like to, we will then arrange for you to meet up to see what you both think.
3. You can bring someone else with you if you want to.
4. Sometimes you may need to meet a few different Shared Lives carers before we find the right one for you.

How will the Shared Lives carers know about me?

Your Social Worker or Care Manager and Shared Lives worker will talk with you so that you can work out together what you want the Shared Lives carers to know about you and what they need to know about you to support you properly.

It will help if you can tell them things like:

- what you do during the day
- what you like doing in the evening and at weekends
- which people are important to you
- what things you need support with each day



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Information given to your Shared Lives carers is confidential. It will only be shared with other people if this is necessary in order to support you properly or keep you safe. Your Shared Lives carers will discuss with you if they may need to share any information and the reasons why. There is more about this in our policy on Confidentiality.

How will my Shared Lives carers support me?

This depends on what you need and want. Your Shared Lives carers can support you with all sorts of things, such as:

- making a cup of tea or learning to cook
- washing your hair or getting dressed
- taking your medication
- managing your money
- going out
- doing things that you enjoy

Your Shared Lives carers will know what things you need support with and how you would like this to be done because we write these things down in your Individual Support Plan.

Will I have to keep to lots of rules?

NO –

There may be a few rules that everyone sharing the house is asked to keep. For example:

- not smoking in the house or (if you are staying there) in your bedroom
- helping to clear up after meals
- not playing loud music (especially late at night)

If you do not agree with the house rules you may decide these are not the right Shared Lives carers for you.

There may also be a few other rules that will be to help you to stay safe and will be written down in your Individual Support Plan. These will be discussed and agreed with you before you decide to go ahead with a Shared Lives arrangement.



Will my Shared Lives carers get paid?

YES –

Shared Lives carers will be paid some money for providing you with the support or accommodation.

You will need to pay some of your own benefits or wages towards the cost of your Shared Lives arrangement too. You will be told exactly how much before you decide to go ahead with the arrangement, and it will be written in your Shared Lives Arrangement Agreement.

Will I be able to spend my own money?

YES –

The money you have left after you have paid your Shared Lives carers is yours to spend on the things you want.

If you find it difficult to manage your money alone, your Shared Lives carers can support you with this if it is agreed as part of your Service User Plan.

What will my Shared Lives carers write down about me?

Your Shared Lives carers will write a diary.

You can help with this if you want to.

In the diary your Shared Lives carers will write about what is happening, for example things like:

- appointments for you
- people who come to visit
- times when you are ill

and anything else that happens that is important.

Your Shared Lives carers may also need to write down information about any medicines you have and when you take them.

Information written down is confidential and your Shared Lives carer will keep it in a safe place where other people cannot read it.



If I am living with the Shared Lives carer:

Will I have my own room?

YES –

You will be able to have your own room

Can I bring my own things with me?

YES –

If you are staying with your Shared Lives carer your bedroom will be furnished but you can bring with you any of your own things you want that will fit into your room.

People will often bring with them a television, computer or stereo

Can I still do the things that I like doing?

YES –

Your Shared Lives carer will know what you like doing as this will be written in your Individual Support Plan.

We will try to find a Shared Lives arrangement that is not too far from where you live now so that you can still do the same things that you do now, if you want.

If it is not possible to do the same things we will tell you and, if you want, your Shared Lives carer and Shared Lives worker will support you in finding out what else is available and to try something new.

Will I still be able to see my family and friends?

YES -

This is important and both the Shared Lives scheme and your Shared Lives carers will do everything they can to support you in seeing or staying in touch with your family and friends.

Will I be able to visit my family?

YES -

If you are living with your Shared Lives carers, you can visit your family whenever it is OK for both of you.

Your Shared Lives carers can help you with arrangements to visit if you want.

Will my family and friends be able to visit me?

Yes –

Your family and friends will be welcome to visit you while you are staying or living with your Shared Lives carers.



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

What happens if I am not happy about something in my Shared Lives arrangement?

1. If there is something that you are unhappy about concerning your Shared Lives arrangement, you should, if you can, tell your Shared Lives carers, so that you can sort out the problem together.
2. If there is something you do not want to talk to your Shared Lives carers about, you can tell:
 - a member of your family or a close friend;
 - your Social Worker or Care Manager;
 - another supporter, or
 - your Shared Lives worker.

These people will all be able to support you in sorting the problem out.

3. Because the Shared Lives scheme is registered with CQC, you can also contact them at their local office if you want to say something about your Shared Lives arrangement.

The address and telephone number of their office is:
Regus House Highbridge Industrial Estate, Oxford Rd, Uxbridge
03334053333

4. If you have a problem about something to do with your Shared Lives arrangement, you may want to make a complaint. You can do this in any way you want, such as telling someone, phoning, emailing, writing a letter.

<https://www.milton-keynes.gov.uk/your-council-and-elections/comments-compliments-and-complaints>

Milton Keynes council comments, compliments and complaints address : Civic Offices, 1 Saxon Gate East, Central Milton Keynes, MK9 3EJ
Telephone number: 01908 691691

If you would like independent support to make a complaint you can ask your Social Worker or Care Manager or Shared Lives worker if you can have an advocate to help with this, or you can ask a family member or friend to help you.



When do Shared Lives arrangements end?

Some Shared Lives arrangements last a long time because you and everyone else agree that things are going well for you and your Shared Lives carers. Other arrangements end, and the reasons could be things like:

- You have become more independent and no longer need the support of your Shared Lives carers
- or
- Either you or your Shared Lives carers have not been able to do the things you both agreed to in your Shared Lives Agreement or Individual Support Plan.
- or
- You feel ready for a change
- or
- Your Shared Lives carers feel that they are not the right people to support you anymore.

Sometimes, if you or your Shared Lives carers tell us that there has been a very serious problem in your Shared Lives arrangement, we may decide that we need to end the arrangement straight away. If this happens it will be because we have a responsibility to safeguard both you and your carers. In this situation we will work with you and your family and Care Manager to find an alternative service that suits you and to make sure that the change happens as smoothly as possible.

We can try to find you a new Shared Lives arrangement if you want.

What happens if I do not want to stay in my Shared Lives arrangement any more?

Sometimes people want to move on from their Shared Lives arrangement and this is OK.

You will need to tell your Social Worker or Care Manager, if you have one, or your Shared Lives worker. You will also need to tell your Shared Lives carer, but if you find it difficult do not worry, your Social Worker or Care Manager or Shared Lives worker will help you do that.

Your Shared Lives carer, Social Worker or Care Manager and your Shared Lives worker will work together and with you to plan how you are going to move on to something new.

We can try to find you a new Shared Lives arrangement if you want.

Often when you have decided that an arrangement should end, you will need to continue with it for a little while longer – this is called a ‘notice period’ and it will say in your Shared Lives Agreement how long this will be. This gives you and everyone else the time they need to make new arrangements.



Words we use in Shared Lives and what they mean

Shared Lives carers

These are the people you will visit or stay or live with who have been trained and chosen to be Shared Lives carers and are supported by a Shared Lives scheme.

Shared Lives worker

The person who gives information and advice to your carers and makes sure your Shared Lives arrangement is working OK for everyone.

Social Worker or Care Manager

The person who works for Social Services and is there to support you and to help organise things that you might need like day services. You can contact your Social Worker or Care Manager if you are worried about anything, and do not want to talk to your Shared Lives carer.

Individual Support Plan

This is where we write down lots of information about the ways that you would like your Shared Lives carers and other people to support you during your time in a Shared Lives arrangement.

Shared Lives Arrangement Agreement

This is where we write down what kind of service you will receive from the Shared Lives scheme, how much it will cost, and all the things that you, your Shared Lives carers, your Social Worker or Care Manager and the Shared Lives worker agree to do to make the arrangement work.

Advocate

This is someone who can support you in speaking up for yourself or, if you want, will speak or write on your behalf.

Reviews

These are the regular meetings that we will have with you and your Shared Lives carers (and your family or representative if you want) and your Care Manager to check that things are OK and to decide if any changes need to be made to your Service User Plan or Shared Lives Agreement.