



# **Bolton Cares – Shared Lives A Guide for People we Support**

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# Contents

- Page 3.      What is Shared Lives?
- Page 5.      How to Access the Service.
- Page 6.      What you can Expect from Us.
- Page 8.      What we Expect from You.
- Page 8.      Your Person-Centred Care.
- Page 9.      Medication and Managing Money.
- Page 10.     Health and Safety.

# What is Shared Lives?

**Shared Lives is when families or single people share their own home with the people they support.**

**The people they look after might have learning disabilities, autism or need support with their mental health.**

**Shared Lives can also support older adults and young people.**



The Shared Lives service looks after a person's individual needs.

It helps people to live an active, independent life.

Some people move in with their carer. Others visit during the day.



Shared Lives helps people to gain important life skills.

It can help them to get involved in their community, learn how to cook, or go on holiday.



# What is Shared Lives?

Shared Lives can offer short or long term care.



## Short Breaks:

- A short break is time away from your family or carer.
- This could be overnight, a weekend or longer.
- Families can have a break from caring and the person being cared for can get involved with other activities while they are staying with the Shared Lives carer.



## Long Term Care:

- A person is matched to a carer who can meet their needs and lives with the Shared Lives carer in the carer's home.
- They become part of the carer's family life.
- Carers can be a family group, a couple or a single person. Carers come from all kinds of backgrounds.

# How to Access the Service



You will be referred to the Shared Lives service by social care.



# What You Can Expect From Us



We will match you with a carer who shares your likes and hobbies and who likes to do the same kinds of activities as you.



We will make sure you get the support to do the things you want to do.



We will make sure you are well looked after in your Shared Lives home.

We will put your health and safety first.



You will have your own bedroom and your friends and family can visit you.

# What You Can Expect From Us



We will make sure our carers respect you and help you to make choices so you can stay in control of your life.



We will make sure your carer helps you to develop your skills and confidence, social life and to be independent.



We will listen to you and your ideas about what kind of care you get.

You and anyone who cares for you can ask for a review of your care at any time.

# What We Expect From You



Respect your Shared Lives carer and their family.



## Your Person Centred Care



All our Shared Lives carers go through an enhanced DBS check.

They are trained to meet the standards of care needed by law.



# Medication



If you need to take any medication, your Shared Lives carer can help you.

Bolton Cares will train them to do this safely.

# Managing Your Money



Your Shared Lives Carer can help you with your daily money if you need it.

Our finance team and your Shared Lives Co-ordinator can also help with this and can help you with your benefits and savings.

# Health and Safety

We will do a risk assessment of your Shared Lives home to make sure you will be safe there.

We want you to tell us what you think when we carry out this assessment.

We will let you know what we have agreed to keep you safe.