

All you need to know about our Shared Lives South West Short Break service



Who are we?

Shared Lives South West (SLSW) is an award-winning charity that sets up and supports long term and short break care services throughout Devon, Cornwall and Somerset.

We provide care and support and we are an alternative to supported living and residential care.

We have been helping to support people for more than 15 years and we are a highly regarded care provider, rated **Outstanding** by the Care Quality Commission.



What do we do?

SLSW offers variety of long term, short breaks (respite) and day opportunities to a wide range of individuals. We specialise in supporting people with learning disabilities, autism, mental health needs, dementia and older adults.

Those who use our services can live or stay in the home of one of our approved carers. All of our carers have been through an assessment process, approved by an independent panel and are supported and monitored by skilled staff from SLSW.



About our short break service

A short break can be:

- A one-off stay
- Day time support
- A regular respite
- A holiday
- Time to help you recover after a hospital stay

Short breaks can be funded by adult social care, health care, direct payments and some people may choose to pay for their own stay.

During your break, our carers will ensure you feel comfortable and welcome and will include you in all aspects of their family life as well as organising activities that you will all enjoy.



How can we help you?

- We listen to you about what you would like from your short break.
- We work with you to find a suitable Carer.
- Your Carer will work with you to tailor your break to meet your needs.
- Support can be given with days out, hobbies, rehabilitation, personal care needs, medication, meals and to have a good time.
- Your Carer can help you try new things such as cooking, gardening and a variety of activities.
- SLSW and all carers strive to enable you to have your thoughts and opinions heard and can help you grow your confidence.



What happens next?

- If you are interested in finding out more about Shared Lives let us know or you can ask someone to contact us for you.
- You would then consent to share your information with us by filling in our referral form. Someone can help you with this.
- From the form we will see what support you require.
- We work with you to try and find a suitable Carer. Sometimes we may be able to offer you a choice of carers.
- We arrange for you to meet the Carer and see the house. You can bring someone with you to the visit.
- After this meeting we will ask you and the carer what you both think about each other.
- If everyone is happy we can plan the first break.
- After your first short break SLSW will be in touch to see how it went.



How can I fund a short break stay and what will it cost me?

You can buy a Short Break stay in many ways:

- By Direct Payment.
- Funded by adult social care and/ or health care.
- By self-funding

Costs can vary. We will look at what support you need and work out the cost of your stay.

There is no need to worry, every person's situation is different and we are here to help.



Spending money

We would recommend that you consider what activities you wish to do during your stay.

It's important that you plan with your carer how much spending money you may need for your stay.



LUCY

I really enjoy staying with Alex and Greg. At first I was nervous but now we have got to know each other. We do lots of fun things like, we go on trips out and take the dogs out for walks. This respite is helping me become more independent as I have jobs to do such as ironing, washing, cooking and making my bed. I am away from home with people that are not family which helps me develop more confidence and I feel happy that I can do this.



ANDREW

Andrew loves his breaks with Mary – they're going really well. He's always eager to go there and Mary is lovely. They do such a lot together including swimming, Morris dancing and recently a bus trip to Looe! He's always asking me when his next visit is!

Find out more at: www.sharedlivessw.org.uk

Cornwall: 01209 891888 Devon: 01626 360170 Somerset: 01460 477980