

All you need to know about our Shared Lives South West mental health service



Who are we?

Shared Lives South West 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?

People who use our service are able to self-fund.

We specialise in supporting people with learning disabilities, autism, mental health needs, dementia and older people. Those who use our services can live in the home of one of our approved carers or enjoy a short break. We can provide a safe and supportive environment.



How can we help you?

- We listen to you about what you need for your home and support or for your break.
- We work with you to find a suitable Carer.
- Your Carer will help you achieve your goals and to be as independent as possible.
- Support can be given where you need it.
- Your Carer can help you with confidence and give reassurance.
- Identify and explore your interests.



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 need and whether you can afford to pay towards the service.
- We work with you to try and find a suitable Carer.
- We arrange for you to meet the Carer and see the house. You can bring someone with you to the visit.
- After meeting the Carer we will ask you what you think.
- If everyone is happy we can plan the next step. This looks different for everyone; it may be going for dinner, an overnight stay, a weekend break or moving straight in!
- You will have a dedicated Shared Lives Worker who will get to know you and keep in touch with you.



What will it cost me?

You can buy Shared Lives services in many ways:

- By Direct Payment and pay the rent and household costs.
- By a Commissioned service and pay the rent and household costs/ fully commissioned service.
- By self -funding if you have more than £23,250.00 to cover support and rent household costs.

Everyone living with a carer has to pay rent and household costs. The rent is for your room and household costs are to cover your food, washing and paying towards gas and electric.

After we receive your referral we will look at your needs and work out the predicted costs of you using our services.

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

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

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



Pete

I did not have the best start in life having been fostered as a child and suffering with Mental Health when I was older. I spent long periods of time in institutions and psychiatric hospitals. Eventually with the help of regular medication I was well enough to live in the community and I heard of Shared Lives as an option, living in a family unit with 24hr support. After meeting Pam (my SLSW Carer) and her family and several visits and over-night stays I decided to leave hospital and move in. Ten years later I am still here! It has made a big difference for the better, good food, looked after well, I've not regret anything, it has made me a better person, I would be unable to cope on my own.



Glenn

I like living at Jo's because it is good and I feel relaxed and not stressed, which is good for my mental health.



Charlene

I enjoy staying with a SLSW Carer because I feel happy and safe. We're planning my first holiday abroad and I'm so excited about it.