

Your Guide to
living in a long-term
Shared Lives
household
- Easy Read



What is Shared Lives?



Shared Lives is a type of home for people aged 16–18 and adults with learning disabilities, autism, or other disabilities.

You live in a family-style home where you can be more independent but still get support.



You will have your own licence agreement and will pay rent.
Sometimes, the local authority will pay for your support.

You may have to pay towards the support you receive.



You will have more independence at your Shared Lives home.

Your carer will support you to join in with things in your community.



Care in Shared Lives is called care and support and this will be provided by a carer who is also your landlord.

It means that the carer will be there to help you and the other adults who live there.



You might also have one to one care (1:1) or day services outside the home.



In Shared Lives you will have some responsibility for looking after your home and your room. This may mean doing some activities and tasks and learning new skills. For example, cooking and cleaning.

Finding a home



You will have a social care assessment to talk about what support you need.



A social worker helps decide if Shared Lives is right for you.

A family member or friend can be part of this conversation.



Your home should suit you and meet your needs.

It's important that you get along with any people living there.



You can visit to make sure the home is right for you before you decide if you want to live there.

If you do not like the home you visit, we will work with you to look at other options.



You can ask questions important to you for example:

- I use a wheelchair, is the garden safe and accessible for me?
- Does the home suit me or can it be adapted?
- Is there a private shower, bath, or toilet?
- Are there good transport links?
- Is there wi-fi available there?
- Who else is living there?



If other people live there already you can meet them and talk to them to see if you would get along.

Licence Agreement and Costs



You may get Housing Benefit or Universal Credit.

In most cases your rent will be fully covered by local housing allowance.



Shared Lives South West can apply to your local council for Housing Benefit or Universal Credit.



Only sign the licence when you understand it and are happy with what it says.

Ask someone you trust to help you understand it. We can offer an easy read version.



Service charges are sometimes part of the licence agreement and may include :

- window cleaning
- gardening work

Please make sure you are happy with the charges.



You will also pay towards:

- water
- gas
- electricity
- food

Moving into your Home



- Pack your things
- Get furniture ready
- Tell people your new address
- Change your Doctor
- Your Shared Lives Carer can help you with this



Make a list of what you need.
Family, friends, and your social worker can help you with this.

Living in your new home

You will need to pay for bills, food, and travel.



Your carer can help with money, cooking and shopping.

You can get help to use technology to make tasks easier.



You may get a Disability Facilities Grant if you need changes to your home.



You must follow the licence agreement rules and respect others. This includes the people you live with and any neighbours .





Shared spaces have furniture provided. Like table chairs and washing machines



You will be able to have your own furniture and decorate your room.

Care and Support



Your Care and Support Plan explains what help you need.

It includes how you like to communicate and what you enjoy.



A Care and Support plan will help you:

- stay as independent as possible
- have as much control over your life as possible
- learn new skills and have help with things you find difficult



Your carer will help you find out about local activities you might like to try.



Your carer will help you Identify technology such as a mobile phone, tablet or Alexa device that can help you



Register with a local Doctor, Dentist and any other health services you need

Your carer can help you with this.

Support with money

Shared Lives South West can help you with your money.

This is called appointeeship.

Shared Lives South West apply for your benefits, pay your bills and then pay the money left to you each week.



Links and Resources



Disability Rights

<https://www.gov.uk/rights-disabled-person>

Planning the Future / Together Matters

<https://www.togethertomorrow.org.uk/planning-the-future/>

Housing Benefit

<https://www.gov.uk/housing-benefit>

Universal Credit

<https://www.gov.uk/universal-credit>

Registering with a GP

<https://www.nhs.uk/using-the-nhs/nhs-services/gps/how-to-register-with-a-gp-practice/>