



OPEN YOUR HEART

OPEN YOUR HOME

Change a life with Shared Lives

# WHAT IS SHARED LIVES?



Shared Lives is a UK-wide model of care and support. Adults who need help to live independently are matched with trained carers and welcomed into real homes. This could be for a few hours a week, a short break, or as a long-term arrangement.

Shared Lives is about sharing everyday life - meals, routines, hobbies, and community activities. It's about building trust, respect, and practical support, so everyone can live life to the full.

*Our scheme is registered with the Care Quality Commission and rated "Good", so you can be confident in the quality and safety of our support.*



Shared Lives supports adults who want to live more independently, including people with:

- Learning disabilities
- Autism
- Mental health needs
- Dementia
- Other support needs

## WAYS TO GET INVOLVED



### LIVE-IN SUPPORT

Welcome someone to live with you as part of your household. You will share daily routines, meals, and activities, offering support and companionship in your home environment.



### SHORT BREAKS

Offer a planned break for a night, weekend, or a few days. These flexible stays let someone enjoy new experiences and join in with family life, while you provide a safe and welcoming space.



### DAY SUPPORT

Share a few hours a week with someone who needs support. No overnight stay needed. Help them build skills, confidence, and connections through everyday activities and time spent together.

*I started looking after my two young people when they were children. By the time they turned 18, they were my family and I could never have given them up, so they stayed with me under the St Anne's Shared Lives Scheme.*

*Through St Anne's, I know that if there are concerns, advice or even a visit is just a phone call away. As a single carer who can struggle with forms, I find their support invaluable. We're a warm, caring little family, and I'm so glad I started this journey.*

**- RUTH, SHARED LIVES CARER**





# TRAINING, SUPPORT & SAFEGUARDING



## **You'll never be left to figure things out on your own**

Before you start, you'll get full training to help you feel confident and prepared.



## **You'll learn about supporting adults**

How to keep everyone safe, and what to expect day-to-day. Once you're approved, you'll have a Shared Lives Lead who's there for advice, support, and regular check-ins.



## **You'll also be part of a local group of carers who share ideas and encouragement.**

You'll have a local network to share ideas and swap practical tips. It's a great way to build friendships and feel part of a supportive community.



## MATCHING & INTRODUCTIONS

We know that the right match makes all the difference. We take time to get to know you and the person who needs support - what you both enjoy, your routines, and what matters to you.

Matching is based on shared interests, values, and practical needs. You'll meet the person first, with trial visits and introductions, so you can both see if it feels right. There's no rush, and you'll have support at every step.



## PAYMENTS & PRACTICALITIES

As a Shared Lives carer, you'll be self-employed and paid for the support you provide. Long-term arrangements include a weekly fee, while short breaks and day support are paid at different rates. The person you support may also contribute towards accommodation and living costs.

**Payments vary depending on the type of support and the person's needs, and are set by your local scheme or council.**

We'll guide you through how payments work, what expenses are covered, and how to manage your finances as a carer. You're valued for your time, care, and commitment.

## ELIGIBILITY & HOME CONSIDERATIONS

You don't need special qualifications to become a Shared Lives carer - what matters most is your attitude, values, and willingness to help. All carers go through an approval process, including checks and references, to make sure everyone is safe.

### What we look for in a Shared Lives Carer

- ✓ Kindness, patience, and respect for others
- ✓ Willingness to support adults from different backgrounds and with different needs
- ✓ Over 18 and able to complete an application, provide references, and have background checks
- ✓ Everyone in your household is supportive and understands what Shared Lives involves
- ✓ Ready to include someone in your routines, meals, and activities
- ✓ Open to small changes if needed (for example, accessibility or dietary needs)

### What we look For in a Shared Lives Home

- ✓ Your home is safe, clean, and welcoming
- ✓ You have a spare room if you want to offer live-in support (not needed for day support).
- ✓ There is enough space for privacy and comfort for everyone living there.



# WHAT HAPPENS AFTER YOU ENQUIRE?



*St Anne's in particular Jo Lewis and Jonathan Hainsworth made the transition easy and smooth. Both super friendly approachable people. Who value your care and make you feel supported . No question is deemed silly and still after nearly 6 years in my role , I'm still coming across hurdles and different challenges, but I'm given fab advice and a listening caring ear, with no judgment.*

**-LOUISE, SHARED LIVES CARER**



# GOT QUESTIONS? YOU'RE NOT ALONE

It's completely normal to have questions before deciding if Shared Lives is right for you. These are some of the most common ones people ask. Part of your introductory call is all about giving you the chance to ask your questions too - so nothing is off limits.



## **How does the matching process work?**

We carefully match you with someone based on shared interests, lifestyle, and personality. You'll always have a say in who comes to live with you.



## **How much will I get paid?**

Shared Lives carers are self-employed and typically earn between £350–£650 per week per person supported, plus tax relief and contributions for household costs.



## **Do I need a spare room?**

Yes, you need a spare room for live-in support & short breaks, but you can still offer day support if you don't have one.



## **What if it doesn't work out?**

There's a clear, supportive process for ending or changing arrangements. You're never left on your own - your local scheme will help every step of the way.



## **Will my family life and privacy be respected?**

Absolutely. Matching is based on shared interests and lifestyle, and you set boundaries. Your home remains your home.



# THE JOY OF SHARED LIVES

Having been shared lives carers for well over five years, we can truly say our experience has been second to none. When you become a shared lives carer, you're not just a carer changing the lives of others, but part of a community that works together and truly supports others. The entire team is remarkable, available and highly experienced!

**- Jamie, Shared Lives Carer**



What I like most is that clients and carers are treated with dignity and respect - this is at the heart of what they do. They offer celebration events and chances to get together with other Clients, providing a real opportunity for understanding and connection. I would highly recommend the service for a bespoke, supportive approach.

**- Simon, Shared Lives Carer**

Shared Lives gives us great support. We are visited every six weeks by kind lead workers who listen and have great knowledge. The staff are very much appreciated, as they are friendly and helpful, with social events throughout the year.

**- Mary, Shared Lives Carer**





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FIND OUT MORE

If you would like to talk to somebody about this scheme, or if you want to proceed with your application, please contact:

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