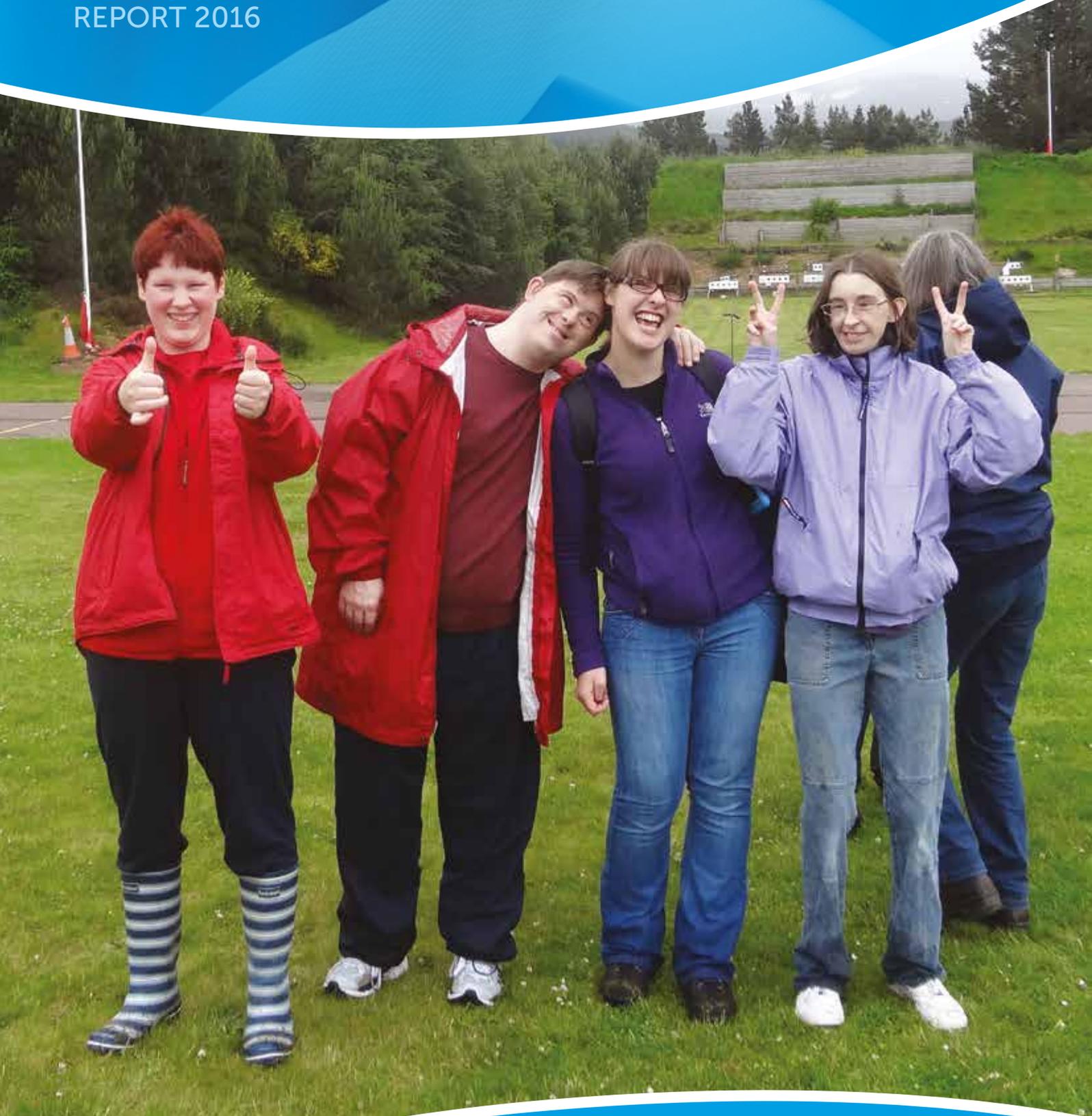


The State of Shared Lives in Scotland

REPORT 2016



Contents

Foreword

Introduction

Key messages

What is Shared Lives?

Shared Lives in Scotland

Supporting Younger People
with Dementia

Shared Lives and Older People

Shared Lives carers

Shared Lives Schemes in Scotland

Staffing

Cost

What Next for Shared Lives?

Acknowledgements

SharedLivesPlus
THE UK NETWORK FOR SHARED LIVES AND HOMESHARE



@SharedLivesPlus

www.sharedlivesplus.org.uk

The demographic changes that Scotland faces in the coming years challenge those of us that work in the health and social care sector to re-evaluate the way that care is delivered at a time when available resources are reducing. Integration and personalisation highlight the disparity between the services that people want and those that most can access.

Shared Lives is one of the solutions to these seemingly intractable challenges. It offers people genuine choice and control over the care and support they require whilst using resources in a very efficient way.

In Scotland there are a small number of strong examples of what can be achieved when Shared Lives delivers short breaks and day support alongside the more traditional long term arrangements. New client groups such as older people and people with mental ill health are benefiting from the relationships that make Shared Lives a unique and satisfying experience for so many.

It is such a flexible form of care that with bespoke arrangements between the Shared Lives carer and the individual, it is capable of supporting a very wide range of needs.

The Big Lottery and Shared Lives Plus have invested in a three-year project to grow the size of the Shared Lives sector in Scotland, with a focus on working with older people and those with dementia. There is support available to schemes and commissioners to expand and develop new services.

I am very excited to see the Shared Lives model develop and hope that over the next few years it becomes an option available to people in every area of Scotland.

Anna McEwen, Executive Director of Support & Development – Shared Lives Plus

Introduction

Shared Lives is a cost effective and highly personalised regulated alternative to residential and other forms of care. It is a community based model that delivers safe, personal care with a unique personalised service for lower costs than traditional forms of residential care. Shared Lives is based on relationships, sharing family and community life and gives commissioners a model of care that leads to highly successful outcomes for the people concerned.

Shared Lives schemes have existed in Scotland for more than 30 years. They now deliver care to client groups from across the social care spectrum. Often previously focused on people with learning disabilities, Shared Lives arrangements now support people with support needs caused by dementia, mental ill health, physical disabilities, and many more.

This report describes the current reach of the

Shared Lives sector in Scotland in the year to 31 March 2016 and highlights the ways in which, with a small investment, local authorities can develop high quality, Shared Lives services for their communities.

“Shared Lives is in a unique position to offer a unique combination of stable community and family based accommodation with support to improve health, wellbeing and social networks and prospects for a broader range of people in very different situations and with diverse support needs.” National Development Team for inclusion

Shared Lives Plus is the UK Network for Shared Lives and Homeshare. Our members are Shared Lives schemes, Shared Lives carers, and Homeshare schemes. Shared Lives Plus provides support and guidance to our members, whilst also being a voice for Shared Lives and Homeshare with governments and other decision makers.

Key Messages

- The total number of Shared Lives arrangements in Scotland was 313 during the year to 31 March 2016.
- There are 255 Shared Lives carers in Scotland, this is a net increase of 49 (24%) on the previous year.
- It is anticipated that there will be an additional 71 (28%) Shared Lives carers recruited in the coming year.
- The sector has a strong secure base and there is significant opportunity for expansion in line with National Outcomes and health and social care integration.
- There are 12 Shared Lives schemes commissioned by Health and Social Care Partnerships, with a further nine partnerships purchasing support from outside of their area.
- Seven schemes support 280 of the 313 Shared Lives arrangements. They provide support for adults of all

ages, 32% of clients are older adults, 46% adults of working age, 19% young adults in transition and 1% young adults (aged 16 & 17).

- The largest scheme, in Moray, supports 70 people with a mix of short breaks, day support and long term arrangements.
- If every local authority ran a Shared Lives scheme that was comparable per head of population to the size of Shared Lives Moray, then there would be an additional 3572 arrangements supported in Scotland.
- The potential savings of Shared Lives arrangements, independently identified by Social Finance, are £26,000 per person per year for someone with a learning disability in a long term arrangement, and £8,000 per person per year for someone with mental ill health being supported in the community.¹

¹ Investing in Shared Lives, Social Finance 2013

What is Shared Lives?

Shared Lives is a model of care that is a uniquely holistic approach, not only breaking down barriers between health and social care, physical health and mental wellbeing, but also combining the personal and professional; paid and unpaid.

It is regulated by the Care Inspectorate, receiving higher grades on average than other forms of regulated care.

In Shared Lives, an adult who needs support and/or accommodation moves in with or regularly visits an approved Shared Lives carer, after they have been matched for compatibility. Together they share family and community life.

The outcomes can be startling, with people reporting feeling settled, valued and like they belong for the first time in their lives. They make friends and get involved

in clubs, activities and volunteering, all of which strengthens their relationships and our communities.

Shared Lives is used mainly by people with learning disabilities, but also by people with mental ill health and older people, including those living with dementia. There are also a small number of care leavers, young disabled adults, parents with learning disabilities and their children, ex-offenders and individuals who have misused substances. It is being developed as a home from hospital service, an acute mental health service and a form of respite for family carers.

There are Shared Lives carers from many backgrounds with many reasons for becoming a Shared Lives carer. They are recruited, trained and approved by local Shared Lives schemes.

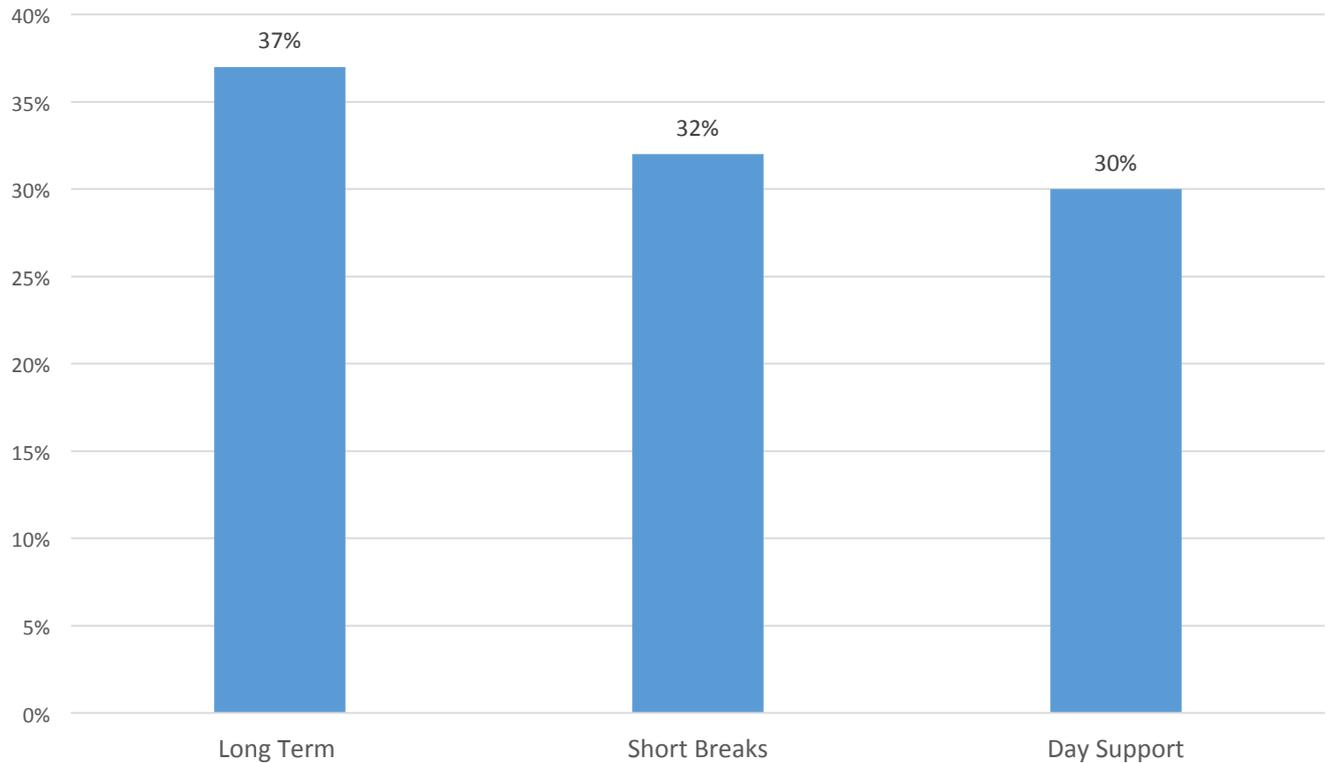
Mary and Audrey

Shared Lives carer, Mary met Audrey three years ago through Shared Lives. Audrey told Mary that she wanted to learn how to bake and be more involved in the community. They set aside one day a week to bake and another for going out into the community. Mary supported Audrey and her passion for baking by downloading Mary Berry's recipes which also had pictures. This helped Audrey to know what she would like to bake and see what the end results should look like. It also encouraged Audrey to brush up on her writing skills, through writing shopping lists for the ingredients she needed, for her sister to purchase for the following week's bakery session.

Mary had foreseen another challenge Audrey may have whilst baking. She believed that the weighing of ingredients could be a numerical test for her. She worked with Audrey and discovered she could use scales that required weights on one side of the balance, and that visibly moved when the correct amount of ingredients was put on the scales. Mary and Audrey started to take pictures of their baking every week which meant Audrey began to really enjoy using the camera. By the end of the year Audrey was thinking about Christmas and keen to do something for charity. They ended up taking orders for 14 cakes from family members. They baked and decorated the cakes every week throughout October and November. This turned into a conversation about creating a cake calendar. With the help of Fife council they got a printer and printed a batch of 50 calendars. They sold them to friends and family and raised £250 in total for charity. They donated the money to Down's Syndrome Scotland and the Alzheimer's Society.

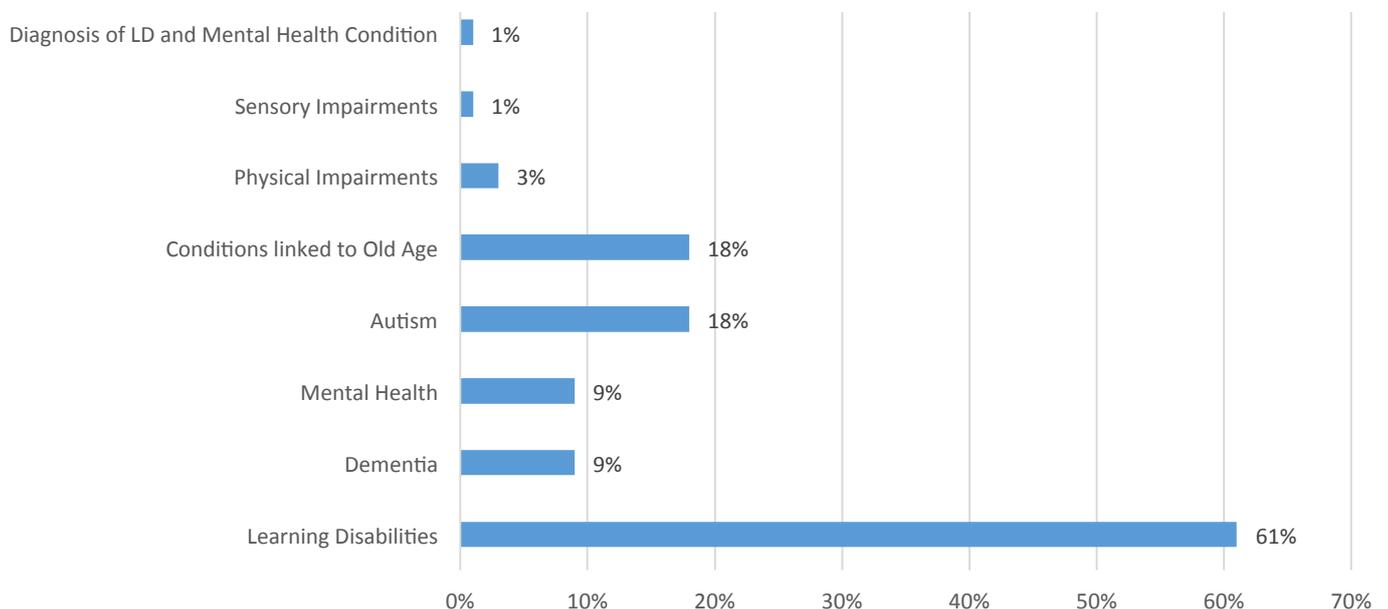
The total number of Shared Lives arrangements in Scotland was 313 during the year to 31 March 2016. Of these, 37% were long term arrangements, 32% were short breaks and 30% were day support.

Type of Shared Lives Arrangement in Scotland



The long history that people with learning disabilities have in living in Shared Lives arrangements has provided clear evidence of the beneficial outcomes for the individual. The model of care is expanding into new client groups with similarly positive outcomes, the graph below shows the cumulative distribution of conditions that people using Shared Lives need support with.

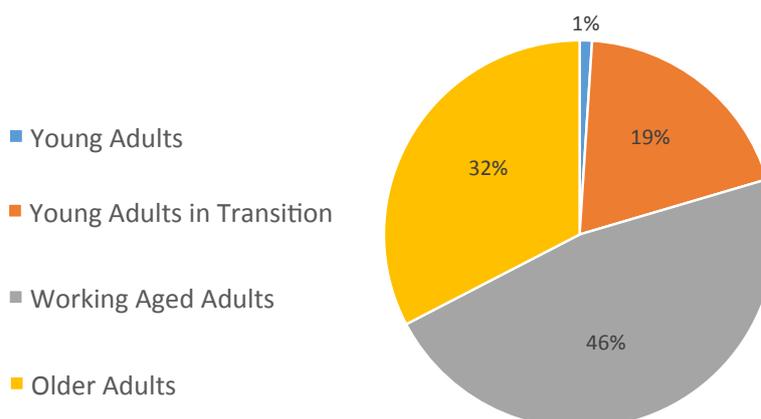
Conditions that people using Shared Lives in Scotland live with (Cumulative)



Of the people using Shared Lives 52% were male and 48% were female, no one identified as non-binary. When asked about ethnicity, 1% were of Asian or Caribbean heritage and 99% were Scottish / Irish / British or Polish.

Shared Lives schemes work with adults of all ages, with almost a third now being older adults above retirement age.

Age of People in Shared Lives Arrangments in Scotland



Supporting younger people with dementia on their journey.



Graeme was diagnosed with dementia at the young age of 39. This has turned his own family life upside down and he has returned home to live with his mum and dad.

Not the natural way that life would normally progress, the family struggles to find meaningful activities and services to ensure he still gets the most out of life and has fun. Graeme and his family are delighted with the service he has received from their Shared Lives carer, Liz. She has really taken time to get to know Graeme and the activities that would enhance and enrich his life.

So far they have played pool and darts together at the local pub, been on long walks into the nearby countryside and visited a local distillery

at Graeme's request. He has really bonded with Liz and they have a lot of fun together. Graeme likes golf but Liz does not play, so they are now planning to go along to the local driving range together and Graeme will show Liz how to play. They are also going on a day trip on the local steam train and are both looking forward to many new adventures together.

Whilst Graeme is really benefiting from the bespoke package of care that Shared Lives is providing, his family have gained a little freedom and are really relaxed and happy that Graeme is enjoying his time with Shared Lives. Happy memories in what is no doubt, a very difficult time for them all.

[Moray Shared Lives Scheme](#)

Shared Lives and older people

Many older people experience loneliness and isolation, which in turn have a detrimental effect on their health and wellbeing. This can lead to early admission into residential care, which for many is either unnecessary or should only be for a short period of time, not as a lasting arrangement, but drifts into permanency. There is a high financial cost to this as well as a cost to the individual in terms of their independence and sense of worth and wellbeing.

*Business case for Shared Lives working with older people –
Shared Lives Plus & Community Catalysts*

Shared Lives carers

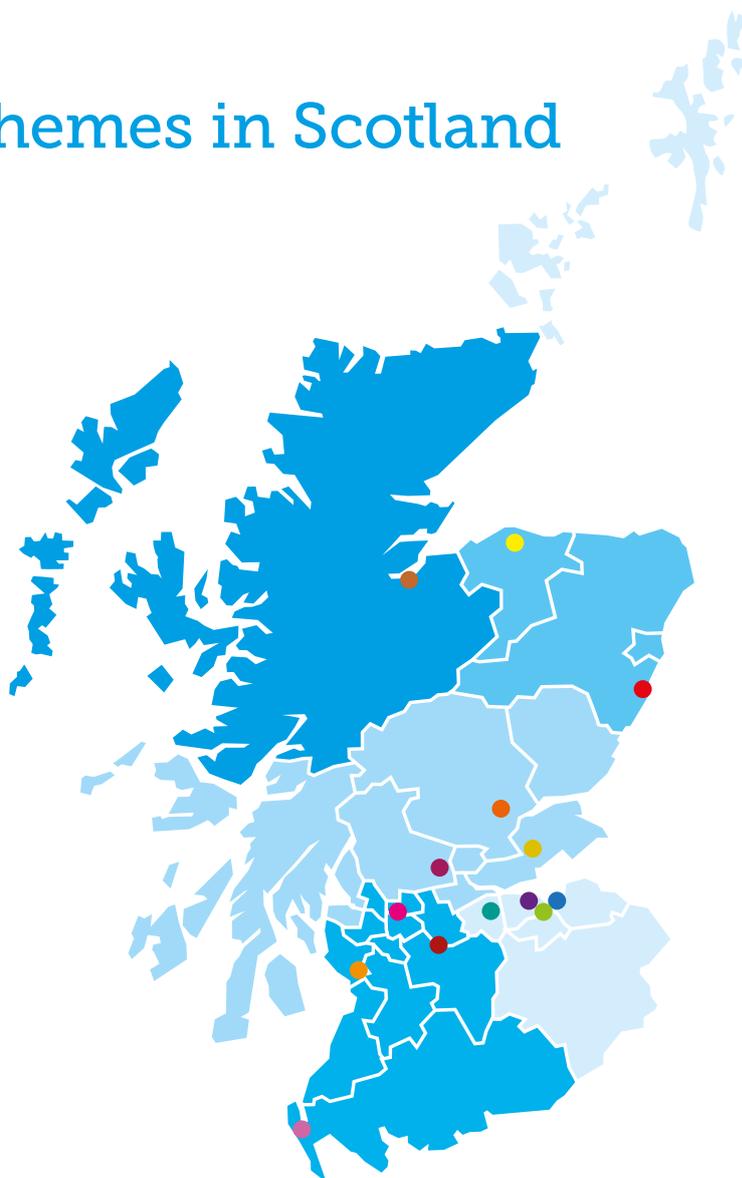
Shared Lives carers are the backbone of the sector. Recruiting new Shared Lives carers is a key activity of any Shared Lives scheme. 14% of Shared Lives carers are older than 65, 86% aged between 18 – 64. There is typically a very low turnover of Shared Lives carers, and in this year there was a net gain of 49 new Shared Lives carers, an increase of 24% on the previous year.

The seven largest schemes anticipate a further expansion of 71 Shared Lives carers in the coming 12 months, a further increase of 28%.

All of the seven largest schemes provide an offer of support that includes detailed initial assessment and matching with potential clients, ongoing professional training, peer support, and regular review. All have a Shared Lives carers meeting at least every three months and five of the seven have a dedicated newsletter for Shared Lives carers.

Shared Lives schemes in Scotland

- Stonehaven
- Irvine
- Elgin
- Dalkeith
- Tranent
- Edinburgh
- Anniesland
- Perth
- Livingston
- Stirling
- Inverness
- Glenrothes
- Stranraer
- Motherwell



There is a mix of Shared Lives provision across Scotland. Around half of Health and Social Care Partnerships have access to some form of provision, but only a minority deliver or commission a local service themselves. Schemes work with clients from across the social care spectrum, a mix of ages, care conditions, and service types such as short breaks, day support or long term arrangements.

Of the five schemes that do not provide short breaks, four are planning to expand their provision to do so in the coming year.

There are 12 Shared Lives schemes commissioned by Health and Social Care Partnerships and a further nine that spot

purchase places. These are often linked to the end of a fostering arrangement. One partnership in central Scotland has recently set up a new scheme and is awaiting registration.

The schemes are a mix of independent providers and in-house provision. There are six independent providers in Scotland, sometimes with small schemes in multiple areas.

It is not unusual for local authorities to have a handful of registered Shared Lives carers known to them. These are typically dual registered foster carers who have extended a fostering arrangement to provide ongoing support to a young adult.

Staffing

Of the seven schemes that support most of the Shared Lives arrangements in Scotland, there is an average of five employees per scheme. This is typically made up of a manager or co-ordinator, three support workers and an administrative worker. The two largest schemes in Scotland have both reported that they plan to expand their staff team in the coming 12 months to bring in specialist skills and knowledge in the

field of dementia support and to enable an expansion in capacity.

The larger schemes report that the more efficient use of resources gained through supporting more arrangements justifies employing administrative support and this significantly increases opportunities for expansion and increased savings for a small investment.

Cost

The costs of services usually have three component parts; a care component, a rental component (for long term arrangements usually paid via Housing Benefit); and a contribution to domestic costs.

The range of costs of the service reflects the wide variety of care needs catered for.

- Long Term Arrangements: £200 to £800 per week
- Short Breaks: £20 to £100 per night
- Day Support: £30 to £60 per session

The average contribution to domestic costs that the client makes to the long term arrangement in Scotland is £65.10

The potential savings of Shared Lives arrangements are significant. In 2013, Social Finance undertook research comparing care costs across four local authorities. They found that there were potential savings of £26,000 per person per year for someone with a learning disability in a long term arrangements, and £9,000 per person per year for someone with mental ill health being supported in the community.

In a small scheme in Scotland with 19 Shared Lives carers supporting 6 people long term, plus 500 short break nights & 37 day-support sessions. In the past year the council has saved:

- £200k on long term arrangements
- £35k on short breaks or respite
- £58k on day support

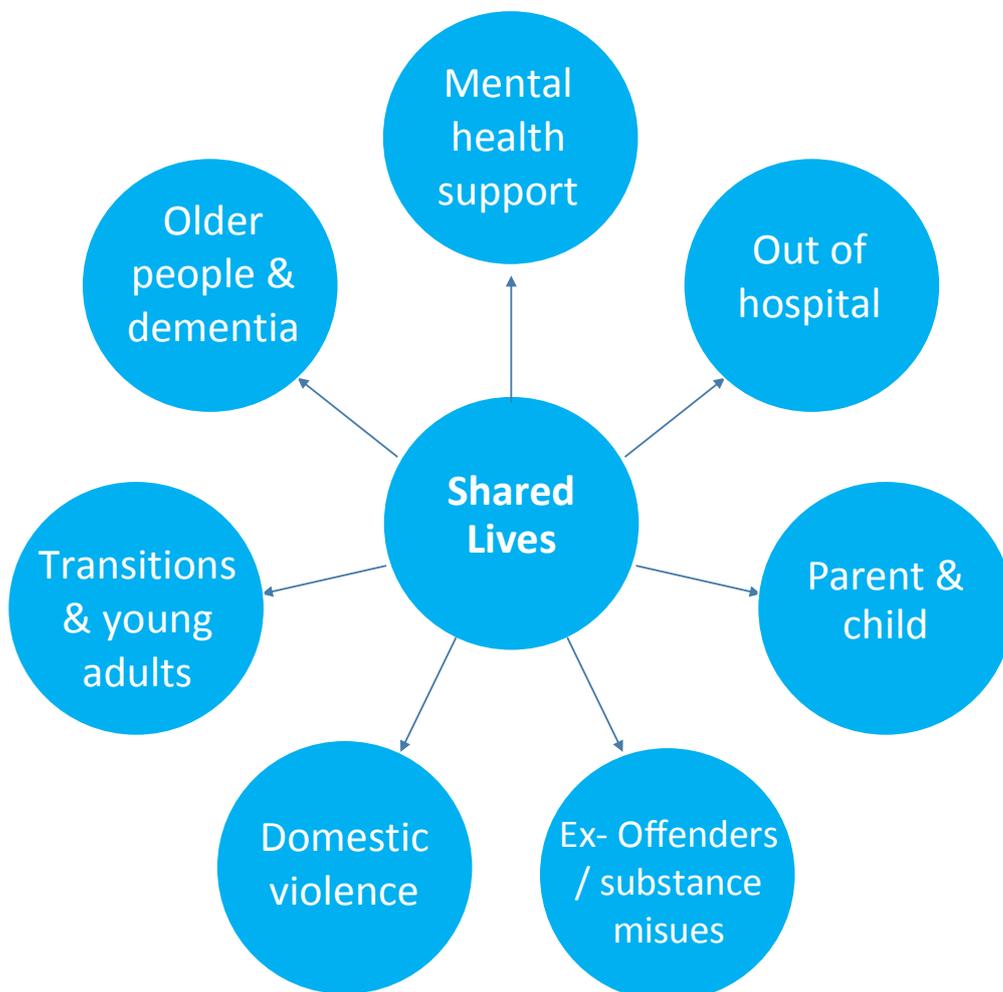
What Next for Shared Lives in Scotland?

Shared Lives in Scotland appears to be on the cusp of significant growth. The diversification seen and planned in schemes is opening up services to a wider client group. The growth seen in the delivery of short breaks and day support, particularly for older people, is a response to the growing demographic change and need for wider access to services that allow people to remain in their homes and community, and out of residential care for as long as possible.

There are 34,540 long stay residents of care homes in Scotland, and an estimated 93,200 people with dementia, many of whom will require some care. Shared Lives

can support family carers through the provision of day support and short breaks. This allows people to live at home for longer and closer to the communities they know.

With the challenge of an ageing population requiring more care and a reducing budget to support this, and other groups of vulnerable people, it is the vision of Shared Lives Plus that all older, disabled, and people requiring support have the choice of being part of a local Shared Lives scheme. People are well supported to pursue ordinary lives within the households and relationships of their choice, and feel that they belong and can make a valued contribution to those around them.



SharedLivesPlus

THE UK NETWORK FOR SHARED LIVES AND HOMESHARE

Thanks to the investments made by the Big Lottery, The Robertson Trust, and RS MacDonald, Shared Lives Plus is working to create the infrastructure to support services to diversify and new Shared Lives schemes to be established.

For further information on what support is available please contact Ben Hall, Scotland Development Manager on ben@sharedlivesplus.org.uk

Acknowledgments

The support of the following people and organisations is gratefully received.

- Sue Mahoney, Aberdeenshire Shared Lives Scheme
- Gerry Sweeney, Quarriers
- Diane McCleary, Moray Council
- Shona Elvin, Cornerstone
- Suzanne McGuinness, Fife Council
- Edinburgh City Council
- Midlothian Council
- The Richmond Fellowship
- Jane Moore Trust
- National Development Team for Inclusion
- Shared Lives Plus and Community Catalysts
- Big Lottery / NESTA

SharedLivesPlus

THE UK NETWORK FOR SHARED LIVES AND HOMESHARE

Shared Lives Plus

G04, The Cotton Exchange,
Old Hall Street, Liverpool, L3 9JR

Tel: 0151 227 3499

Fax: 0151 236 3590



@SharedLivesPlus

www.sharedlivesplus.org.uk

SharedLivesPlus

THE UK NETWORK FOR SHARED LIVES AND HOMESHARE