



# CYSYLLTU BYWYDAU CYMRU SHARED LIVES

## SHARED NEWS – CYSYLLTU NEWYDDION

The Shared Lives Carer Newsletter for Wales

### ‘Wales Development Worker’s update’

MARCH  
2013

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#### - Shared Lives/ Adult Placement (SL/AP) in Wales report

The report provides an overview of the current provision of SL/AP in Wales, the challenges that scheme face as well as opportunities for development. You can read some of the key findings of the report at the last two pages.

#### - Development of a ‘Business Case’ document

We all agree that the support and care that SL/AP carers provide to adults in Wales is of great quality and value. But how do we prove that? The business case document will help schemes in Wales to demonstrate the fantastic outcomes that local councils could see if they invested in the expansion and growth of SL/AP in their area.

#### - Carer representatives

Are you a SL/AP carer who would like to have more of a say in what is happening with the development of SL/AP in Wales? Could you spare some time to share your ideas either via email, phone or regional meetings?

If the answer is yes, then please get in touch with your local scheme or the Wales Development Worker about becoming part of the Wales SL/AP carers’ group.

- Wales Development Worker’s update
- Shared Lives Plus membership
- Adult Placement carers receive prestigious award
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- Report summary

Less than £1 a week

# Shared Lives Plus Membership

Whether you are a new carer or have years of experience, Shared Lives Plus has services and support which are designed for you.

## Helping you everyday

- FREE carers' support and helpline staffed by a dedicated expert (who is also a Shared Lives carer!)
- Access to specialised Shared Lives Public Liability Insurance
- FREE legal helpline – legal advice when you need it – at the end of a phone
- FREE legal expenses cover – up to £25,000 of legal expenses if your role as a carer is threatened and you need legal representation
- Exclusive breaks for Shared Lives Plus members with supported sessions giving carers the chance to meet while the people you care for make new friends

## Information and Guidance

- Sharing – our members' magazine to keep you updated with developments around the country
- Helpsheets on topics such as tax breaks – we've helped develop a NEW e-learning package by HMRC
- Special reduced members' rates for our conferences
- Members' only website

## Campaigning voice on issues important to you

- Shared Lives Plus regularly lobbies national and local government and Parliament on issues you raise - such as TV licences, Day Support and Winter Fuel Payments
- Successful work with the media to make Shared Lives better known
- Opportunities to meet other carers, with advice and support to carers' groups
- Shared Lives week - An annual celebration of Shared Lives and the work you do

**Shared Lives Carer Single Membership – £51 per year**

**Shared Lives Carer Joint Membership – £66 per year**

If you are not already a member of Shared Lives Plus and you are interested in membership, please get in touch to find out more by calling 0151 227 3499.

We help Shared Lives carers every day. Here are just a couple of examples of the work we do...

**A carer supporting someone with a high level of need wanted advice on the benefits to their person to obtain a vehicle through the Motability leasing Scheme.**

We were able to advise them about the advantages and disadvantages, both for the service user and for the Shared Lives carer of leasing a vehicle through Motability and to explain to them what they would need to do if they want to take this further.

**A carer contacts us regarding a new carers agreement that has been produced by his Scheme. He is uneasy about some elements of it but has been told he must sign it if he is to continue as a carer with the Scheme.**

We suggest that he makes contact if possible with some other carers in his Scheme to find out their views. If there are aspects of the carers agreement that several carers are concerned about, Shared Lives Plus can work with the carers to support them to express their concerns and even liaise with the Scheme's management, if required, to encourage further negotiation with the carers to reach an agreement that is acceptable to all parties.

# *Adult Placement Carers*

## *Receive Prestigious Award*

Following an article in the Daily Telegraph where adult placement carers Steve and Lorraine Parker, their children and the three men that live with them were all interviewed about their lives and the sharing of their home together, it was a pleasant surprise for Steve and Lorraine when they were told that they had been nominated for an Award by the McWhirter Foundation.



TELEGRAPH MAGAZINE 43

The McWhirter foundation was established after Ross McWhirter was assassinated by Irish Republican gunmen at his home in north London. Ross was the spokesman for a group of individuals who were increasingly concerned at the IRA's "success" in bringing their campaign of random and targeted acts of murder and violence to the mainland. The founding trustees were close friends of Ross and first met in February 1976 to discuss the trust deed.

The awards ceremony and dinner were to be held at Middle Temple Hall on Thursday, 15th November 2012. When we arrived, we were greeted with a glass of champagne and were then given a tour of Middle Temple Hall. The Hall is located in the centre of London's legal quarter and is one of the four ancient Inns of Court. Elizabeth I and Sir Francis Drake dined in the hall on many occasions. Shakespeare performed 'Twelfth Night' there in 1602, the first ever performance. The fascination for me was that the BBC drama 'Silk' was filmed there and where Harry Potter and his friends had their meals at Hogwarts.



Following the tour, we were then taken in to the library for official photographs and we were then called for dinner. During the meal Steve and I had the opportunity to talk to the other guests at our table about West Wales Adult Placement Scheme and the types of placements on offer. I had an interesting conversation with two lawyers sitting opposite me about the types of support that adult placement can provide. We also talked about the sense of belonging that a person feels when living as part of a family. By sharing the household tasks and activities an individual can gain such a huge sense of self-worth. During this time, Lorraine was having a long discussion with James McWhirter about holidays abroad with the men she supports.

Once dinner was over, the speeches and awards took place. Mr Tom Wrigglesworth, a previous McWhirter Award winner, spoke after dinner. Iain Duncan Smith then gave a speech about advice given to him from Norman Tebbit when talking to new constituents.

Then came the awards. It was a proud moment when Steve and Lorraine went to collect their award. The speech was read by Marilyn Banks, a trustee of the McWhirter foundation who stated.....



*'to persons who shall, in the opinion of the trustees, exemplify the highest standards of good citizenship and who demonstrate a major contribution to society. There can be no higher standard than unselfishly to surrender considerable privacy and make personal sacrifices exclusively for the good of others. Steve and Lorraine Parker exercise very considerable personal initiative as well as courage in a moral context. They are to be commended for what they do. It is entirely appropriate therefore that the McWhirter Foundation both recognises Shared Lives Plus which celebrates its 20th anniversary this year and confers a joint award for good citizenship to Steve and Lorraine Parker'.*

At the end of the evening, we said our goodbyes and thanked the McWhirter family along with Peter and Valerie. We were then taken back to the VSC where we kicked off our shoes and relaxed in the lounge with the other award winners, sharing our stories over a few drinks.

**What a lovely experience for us all and great to see West Wales Adult Placement Scheme and Shared Lives Plus getting the recognition it thoroughly deserves**

Debbie Winnicott  
Adult Placement Officer  
West Wales Adult Placement Scheme WWAPS

*Debbie has worked with Steve and Lorraine for six years as their Adult Placement Officer. She had assessed them at the beginning of their application and supported them through their development as adult placement carers and through the good and sad times.*



## Ategi Shared Lives Carers Forum

is an independent, not for profit provider of support services. Like all good Shared Lives Schemes we rely on having a strong, open, honest relationship with Shared Lives Carers. Having tried many ways over the years to engage with Shared Lives Carers collectively we have established a great culture where the Shared Lives Team invites all our Carers and any people they support to talk about plans, current issues, introduce guest speakers or just to talk informally together. A magic ingredient is that we provide a modest lunch and that seems to work as we regularly have a room full of 50 to 60 people at each meeting. We think it's the least we can do when Carers are devoting so much of their time anyway.

When asked in previous years how else they would like to be involved in the Scheme's work Carers have consistently told us that they are happy with the support and guidance they receive but that really they would rather not get further involved in the workings of the Scheme. However, the decisions that have to be made about the future growth of the Scheme; the areas in which we would like to work, the kind of people we think our Shared Lives Carers could support, our relationships with our funding authorities, our working arrangements within ategi, all have the potential to directly affect each ategi Shared Lives Carer.

With this in mind we set up a Shared Lives Carer Forum. A group of 5 or 6 approved Shared Lives Carers met together with the Head of Shared Lives and the Scheme Manager and agreed a draft constitution for the Shared Lives Carer Forum. This was then circulated among all Shared Lives Carers for comments and suggestions. The first formal meeting took place in March 2013 and those present elected a Carer to Chair the meetings. We talked easily about the strategic aims of the service and were able to draw up some clear actions with agreed time limits for response. One member agreed to represent the Scheme on a Wales wide Carer group with the Wales Shared Lives Plus Development Worker while another agreed to represent ategi Carers at the Wales Shared Lives Plus Committee meetings.

**Shared Lives Carers have always been the heartbeat of the ategi Scheme but now they have a real independent voice**

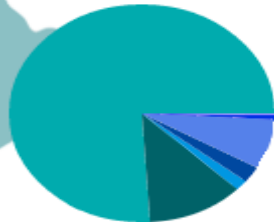
# Shared Lives in Wales

SharedLivesPlus  
THE UK NETWORK FOR SMALL COMMUNITY SERVICES

## Caring for people in Wales

**751** service users in last 12 months.

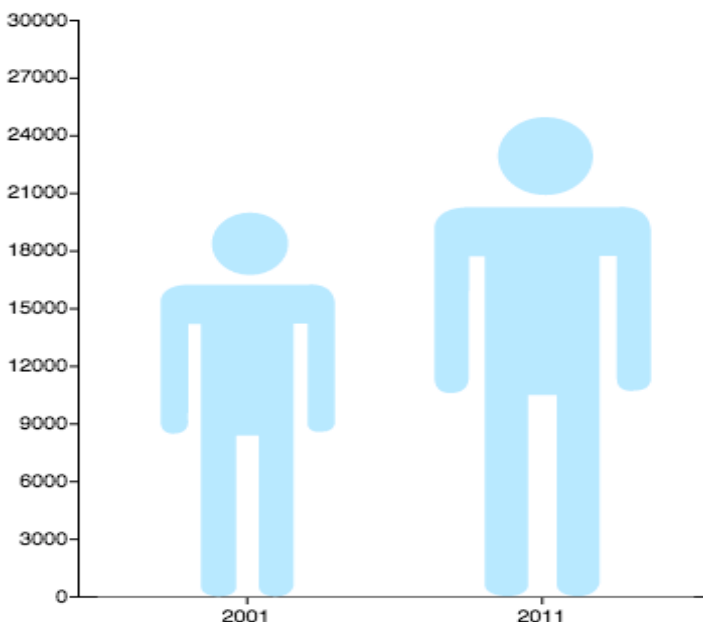
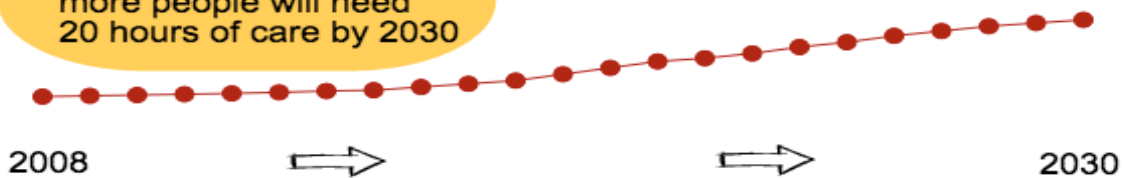
**237** new successful referrals



- Learning Disability (76%)
- Mental Health (12%)
- Physical Disability (2%)
- Older People (2%)
- Elderly Mentally Ill (7%)
- Substance Abuse (1%)
- Dual Diagnosis (0%)
- Autism (0%)

**42%**

more people will need 20 hours of care by 2030



The number of Welsh people over the age of 90 has risen by

**25%**

# Service Costs

**10-60%**  
potential savings

## Potential Savings

10 new long term Shared Lives arrangements generate potential per annum savings of between...



£23,400



£517,400



Learning Difficulties



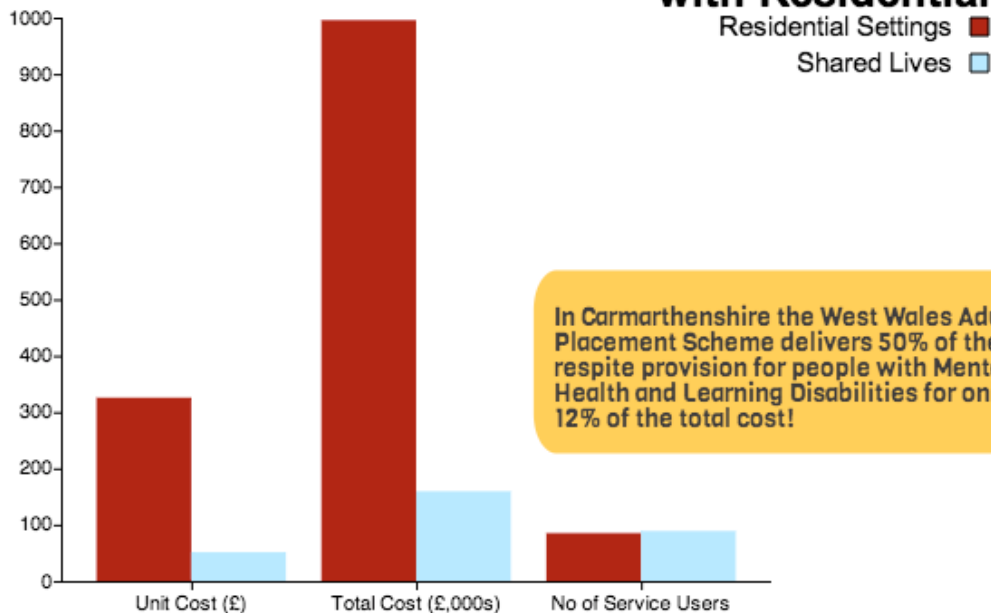
Older People



People with Mental Health issues

The research "A Business Case for Shared Lives" found that Shared Lives/ Adult Placement arrangements not only deliver better care, fairness and opportunity for service users, they also provide better value for money.

## Comparing Shared Lives with Residential



In Carmarthenshire the West Wales Adult Placement Scheme delivers 50% of the respite provision for people with Mental Health and Learning Disabilities for only 12% of the total cost!

Contact Miriam Merkova  
e: [miriam@sharedlivesplus.org.uk](mailto:miriam@sharedlivesplus.org.uk)