

A charter for people who use Shared Lives

We think Shared Lives is great and want to make sure it is great for everyone.

To help people know what good Shared Lives looks like we have written this list.

We hope people will be use this list to check that their Shared Life is good.

1. My Shared Lives scheme is honest about life in Shared Lives

This means before I decide to use Shared Lives:

- I am given information in a way that I can understand
- I am helped to understand the rules for living with a Shared Lives carer before I move in
- I am given time and help to decide if I want to choose Shared Lives
- I am allowed to change my mind

2. I am respected as an adult

This means:

- I can make my own decisions
- Decisions that affect my life are not made without me
- When I make decisions they are taken seriously
- Shared Lives staff and Shared Lives carers are honest with me
- I am involved in any decisions about how I keep safe

3. My right to a private life is respected

This means everyone who is involved in caring for or supporting me:

- Don't have meetings to talk about me that I can't join in or understand
- Thinks about what they do with information about me
- Only write things down about me if they have to, and
 - explain to me what has been written
 - tell me why they have written it, and
 - tell me who will get to see it

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4. My life is fun and interesting!

This means:

- I am helped to do things during the day and at weekends
- I am helped to find things to do away from my Shared Lives family as well as with them
- Respite is a proper break for me as well as my Shared Lives carer

5. I have the right to make choices

This means:

- Give me information but let me choose (even if you do not like the choice I make)
- I can choose who provides my support
- If my Shared Lives family say it is ok don't make me move out if I don't want to
- I get to choose when and how I have my breaks

6. I am an equal part of my Shared Lives family

This means:

- I am involved in family life
- My Shared Lives family and Shared Lives workers are honest with me
- I have chance to speak up and say what is on my mind
- I can help my Shared Lives family as well as them helping me
- If you tell me no, explain why

What do we want to happen now?

If you receive support you can:

- Use the Ambassadors' Test to check your Shared Life is good
- Think about what other things would make Shared Lives better
- Get more involved with your Shared Lives scheme
- Work with your Shared Lives scheme to help it pass the Ambassadors' Test

If you are a Shared Lives carer you can:

- Talk about the Ambassadors' Test with the people you support
- Ask your scheme to take the Ambassadors' Test
- Work with the people you support to help your scheme pass the Ambassadors' Test

If you are a Shared Lives scheme worker or manager you can:

sign a statement to say that you:

- Agree with the principles in the Ambassadors' Test
- Will work in partnership with people who use the scheme and Shared Lives carers to check how the organisation is doing on a regular basis
- Will make sure that all the workers in the scheme know about the Ambassadors' Test

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www.SharedLivesPlus.org.uk