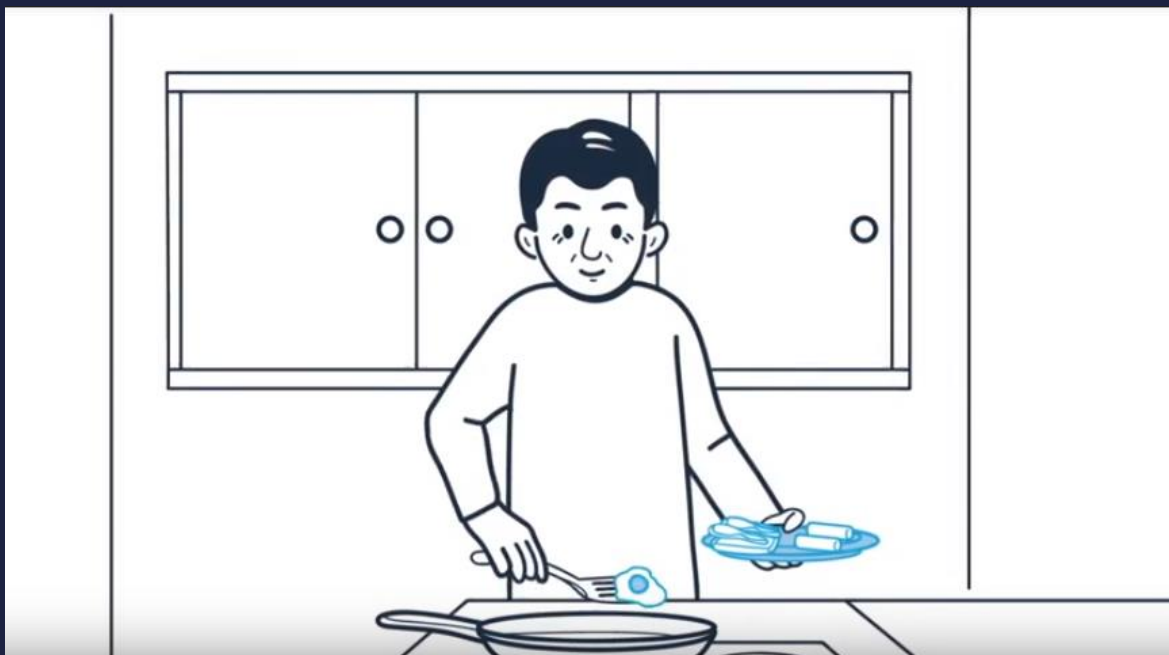


Intermediate care guidance for Shared Lives

2019



This is an extract for professionals, from our full guide which you can find on our website and includes:

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Share our advert

Moving home from hospital

If you're recovering after an operation, illness or unexpected visit to hospital, like Ken, you could enjoy the comforts of a Shared Lives carer's home and support to get you back to your own home as soon as possible. [Watch our 2 minute film](#)

Guide for professionals - Shared Lives intermediate care

What is Shared Lives?

In Shared Lives, a Shared Lives carer shares their home and family life with an adult who needs care or support to help them live well. Local Shared Lives schemes, which are regulated by the Care Quality Commission individually match trained and approved Shared Lives carers with people who need their support. In Shared Lives, the goal is an ordinary family life, where everyone gets to contribute, have meaningful relationships and are able to be active, valued citizens.

People using Shared Lives are supported by their Shared Lives carer to develop or maintain independent living skills, friendships and live as part of their local community; giving them a sense of wellbeing in a safe and supportive environment.

There are an estimated 11,880 people supported in Shared Lives in England and 13,450 across the UK. They are primarily adults with learning disabilities, mental ill health, autism and dementia, older people, young adults in transition, and people with a wide range of other support needs. Shared Lives is increasingly being offered to people who are ready to be discharged from hospital but not yet ready to return to their own home.

What support can Shared Lives provide?

The individual will stay with the Shared Lives carer as part of their home, family and community life. They can support individuals with:

- Personal care
- Increasing independence and regaining skills to return home
- Learning new skills
- Managing long term health conditions
- Reducing loneliness
- Making links back into the community
- Nutrition
- Support with medication
- Support to attend outpatient appointments

The person will be staying with the Shared Lives carer in an ordinary family home so the Shared Lives carer will not be able to provide 24 hour care and support. Complex health needs which require support that cannot reasonably be met within a family home will not be suitable for Shared Lives.

How can Shared Lives support hospital discharge?

Shared Lives can help to reduce delayed discharges and provide support to people who require intermediate care by:

- Becoming involved when a person enters hospital and it is clear that they will not be able to go straight home after the intervention.
- working with hospitals and discharge teams to identify people who could benefit from Shared Lives when they are ready to leave hospital but not yet ready to return to their own home.
- Shared Lives would be able to continue to provide support at the end of the intermediate care stay through day support and short breaks, enabling them to remain independent for longer and providing additional support to their family carers.
- People with multiple health issues requiring frequent visits to hospital would receive on-going support for all aspects of their care from the same Shared Lives carers providing continuity. The person could then use Shared Lives for support when needed rather than a hospital visit.

Shared Lives has proved to be particularly effective for people leaving hospital where traditional services have not been suitable, for example younger people recovering from a stroke, individuals being discharged from hospital following a period of mental ill health and people requiring support until their accommodation is made suitable for them to return home.

Is Shared Lives safe?

The Care Quality Commission (CQC) consistently rate Shared Lives as the safest and most effective forms of care and support and this continues to remain the case under their new inspection regime.

As of 20th December 2016, 86 Shared Lives schemes had published inspections, with 78 (91%) being rated as good, 4 (4.5%) outstanding and 4 (4.5%) being rated in need of improvement.

Shared Lives carers are assessed and approved following a rigorous process. They receive training specific to the support they provide and receive regular monitoring from the Shared Lives scheme.

How much does it cost?

Shared Lives is a cost-effective service compared to more traditional services. Generally, the cost is less than £100 per 24 hours which includes a payment to the carer, the scheme costs for providing, monitoring and managing the Shared Lives service and a payment for food and household costs. Each local Shared Lives scheme will set their own fees and can vary dependent on the person's needs. Funding needs to be agreed prior to any arrangement commencing.

How do I make a referral?

It is recommended that you contact the Shared Lives scheme direct to have a conversation about the potential referral. This will help to establish if the referral is appropriate, what the availability is and answer any questions you or the person has. The referral will need to be accompanied by a needs assessment, any health assessment, reablement plans and risk assessments. Once the referral has been made the Shared Lives scheme along with the Shared Lives carer will arrange to meet with the person and yourself. Discharge plans will be confirmed along with the plan for the person to progress from Shared Lives back home.

What do people say about Shared Lives?

Steve's story

'I was living with my partner, running a B&B when I had a serious stroke and later two minor heart attacks. After four months in hospital, I was depressed, frail and my memory and cognition had deteriorated.

We knew I needed more support with daily living than my partner could provide. I was unable to return home and it made me frightened about my future, with clinicians uncertain about my further recovery. I wanted to live locally, so I could continue seeing my partner and I missed my dogs.

The Shared Lives scheme matched me, with two trained and approved Shared Lives carers who shared my sarcastic sense of humour, had dogs, and lived close by. They helped me through it all. When I arrived at their home, I never dreamt of being so independent again. I couldn't walk down the drive. Now I can nip up to town.

My Shared Lives carers helped me gain strength and confidence, walking a little bit further each time, until I could walk independently again. They helped me adapt to my memory loss with strategies for

managing money and banking, and supported me to make meals and manage my diet.

Since then I have booked a holiday and travelled on my own. I am very optimistic about life and planning a move into my own flat. Without the Shared Lives scheme I would have undoubtedly spent longer in hospital, had less choice about where I lived, and had a slower recovery.'

View from a social worker following hospital discharge

"The Home from Hospital Scheme offers a person centred, gradual approach to reintegration into the community. We were extremely pleased with the personalised approach to recovery from a long term hospital stay. The Shared Lives carer enabled the individual to regain confidence and identified areas of concern whilst feeding this back to both the shared lives team and their community team.

During the preparation to discharge, the individual was involved in all processes and central to all decisions. The shared lives carer offered a holistic approach to support identifying not only the individual's primary need of their mental health, but also supporting with their physical health.

This scheme offers a unique, personalised service that this individual considered as invaluable in their recovery. It's an excellent service that I would highly recommend."

How do I find out more?

You can watch a short animation film about Shared Lives and hospital discharge https://www.youtube.com/watch?v=Yrl4c9_UMJQ&t=3s

You can find out more by talking to your local Shared Lives scheme or contacting us. Your local scheme is:

Place local scheme details here

Or contact:

Shared Lives Plus, 0151 227 3499, info@sharedlivesplus.org.uk

www.SharedLivesPlus.org.uk