

Intermediate care guidance for Shared Lives

2019



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

Contents

Share our advert	3
Introduction	4
Getting started	10
Training Shared Lives carers to provide intermediate care	20
The referral process for Shared Lives intermediate care	24
Matching	31
Funding information for schemes - Shared Lives intermediate care	34
Guide for commissioners - Shared Lives intermediate care	58
Guide for professionals - Shared Lives intermediate care	61
Information for Shared Lives carers	66
Business case for Shared Lives working with Intermediate Care	73
Resources	87
Contact us	88

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](#)

Information for Shared Lives carers

What is intermediate care 'home from hospital'?

The aim of intermediate care is:

- Help people to be as independent as possible after a stay in hospital.
- Help people to avoid going into hospital unnecessarily
- Prevent people from having to move into residential home until they need to.

Everyday people remain in hospital when they no longer need to be there.

There are lots of reasons why some people are unable to return home straight away including:

- people waiting for their house to be made suitable.
- people requiring more time to recover following medical conditions such as a stroke or needing support to manage a long term medical condition.
- people who have had a period of mental ill health which required a hospital admission
- older people requiring more time to recover and regain their strength and confidence following a hospital stay
- people who are waiting for the start of domiciliary care services.

As a Shared Lives carer you would be supporting people when they leave hospital to regain skills and confidence and are better prepared to return to their own home.

Shared Lives carers intermediate care FAQ

Will I be able to meet the person first?

Yes, it is important that you get to meet the person and get to know each other. You would need to visit the person in hospital. Your Shared Lives worker will arrange this for you. Having a profile with photos and information about yourself and your home will help with the matching.

How much and how will I get paid?

Ask your scheme about the fees for intermediate care. The fees will take into account the level of support you will be providing. This is often at the higher rate due to the additional support people require when coming out of hospital. The

Shared Lives scheme will administer the fees and pay this to you as per their local process. The fee will include payment towards care and support, accommodation and board and lodgings.

The arrangements for payment of the board and lodgings can vary dependent on whether this is a health or social care funded arrangement. Your local scheme will confirm the amount you will receive and how it will be paid; details of the fee will be included in the arrangement agreement.

If the person is able to return home earlier a notice period is required, this will be detailed in the arrangement agreement. You will be paid during this notice period.

How long are arrangements expected to last?

Intermediate care tends to last up to 6 weeks. However, the intermediate care project found some lasted longer and a few turned into long term arrangements. It is dependent on the individual's needs and circumstances how long an arrangement will last: however an idea of timescale will be known prior to the arrangement starting. If you have any commitments that will limit the time someone can stay, you will need to let the Shared Lives scheme know so that this can be considered in the matching process. If a person is considering a long-term arrangement after they have stayed in intermediate care the person may need to be matched to a long term Shared Lives carer.

What if the arrangement lasts longer than expected?

Arrangements are monitored regularly so any changes to timescales can be identified and discussed as soon as possible. If you are able to continue with the arrangement longer than first planned then the arrangement can be extended and payments will continue. This will be agreed with all parties and the agreement updated to take account of the change.

If you are unable to continue to provide support longer than the agreed period alternative support will need to be arranged. Your Shared Lives worker will work with those involved to make sure that services are in place so the person can move on.

I have been a Shared Lives carer for people with a learning disability, how will this be different?

Intermediate care is a different area of work compared to the traditional role. This will be short term arrangements with very clear aims and goals to achieve by the end of it. The person using Shared Lives will require support to regain or increase

their skills ready for their return home. This will involve you taking an approach that supports the person to do things for themselves rather than doing things for them. As a Shared Lives carer you probably already do this intuitively.

Alternative day support will not be in place and the person will be at home with you most of the time. Some individuals require support from therapists who will visit and work with the person in your home. This is likely to be more at the beginning of the arrangement and reduce as the person improves.

Will I have to do more paperwork?

As a Shared Lives carer you are expected to maintain records. For people coming out of hospital it is important that there is a record of how a person is working towards their goals, what they have achieved and any areas that they continue to require support with. You already need to complete records as a Shared Lives carer such as medication records and this will be no different for intermediate care. Your Shared Lives worker will be able to give you full details about what is expected.

What training will I receive?

As a Shared Lives carer you already have a lot of the knowledge and skills required. You need to support people to do things themselves rather than do things for them and therefore an understanding of the principles of reablement will be needed. SCIE have an e-learning reablement course for staff delivering intermediate care. This consists of 4 units each taking around 20 minutes to complete. This can be accessed on-line at <https://www.scie.org.uk/publications/elearning/reablement/>

An understanding of a person's medical conditions such as diabetes will be needed. Your Shared Lives scheme will arrange any additional training or support that you need to support the person. NHS has a resource online where you can look up conditions <https://www.nhs.uk/conditions/>

Information on health issues commonly associated with older people and other resources are available from Shared Lives Plus, your scheme worker will be able to access this for you.

You can discuss any concerns or training needs with your Shared Lives worker. If you have a support carer you will need to talk to your scheme worker about any training they may require and how this will be provided.

What if I need extra help outside office hours?

Your Shared Lives scheme will let you know what support they can offer outside of office hours. You will be able to use universal services such as GP out of hours, out of hours duty social work team, NHS 111. The persons support plan will include details of professionals involved and how they can be contacted. If the intermediate care team is overseeing the persons support, they can also be contacted.

What happens if it is not working out?

As with any arrangement, if it is not working out talk to your Shared Lives worker as soon as possible to see if anything can be done to help. If the arrangement cannot be sustained then the Shared Lives scheme will work with everyone involved to find alternative support for the individual. Sometimes things do not work out, it is important to talk to your Shared Lives scheme so that you are not left feeling worried or despondent.

Who else will be involved in a person's care?

When a person is discharged from hospital health and social care professionals may still be involved. This will be detailed in their support plan. The professionals may visit the person in your home or sometimes the person will access the services locally. You may be required to support the person to appointments, generally the person will pay the costs associated with this.

Will the NHS forget about the person once discharged?

It is important there are plans in place for the transfer of care management when the person comes into Shared Lives. Your Shared Lives scheme will regularly monitor the arrangement to ensure that plans are in place for the person to move on. Sometimes the individual will no longer require NHS involvement and the person will be transferred to a community team.

Lesley – Shared Lives carers experience.

'I worked for Medway council for 37 years before retiring to care for my husband who died last year after a long illness. Having been in and out of hospital over several years with my husband, I saw first-hand the numbers of people who were medically ready to leave hospital but had nowhere to go: no one to care for them at home, properties that were inaccessible or inappropriate to return to.

With the experience of care giving, liaising with health professionals and a home that had been adapted and made accessible for my husband I wondered what to do next; I didn't want to just sit at home with my cats, fish and tortoise. That's when I found out about Shared Lives and applied to become a Shared Lives carer.

I particularly wanted to be able to use my skills and experience to support people coming out of hospital to provide a short stay before they were able to move home or on to an alternative setting.

I didn't want to do this on a full time, long term basis, so instead offer short stays for people who are leaving hospital or need a respite break for people living with a family carer. This means that I still have time for myself and my own family, and to have a break myself from time to time.

Since becoming a Shared Lives carer, I have supported a number of people. An older lady in her 80s stayed for around three months during which she gradually re-gained skills and confidence before moving on to her own property. Enabling people and seeing them regain independence gives me the 'wow' factor, a sense of elation and a boost to know that I am making a difference to the people I support which I find deeply rewarding.

I have also supported a gentleman who stayed for a few weeks after a hospital operation. During this time, I was able to support his family carer to learn the new procedures that were needed to support with his healthcare needs so that she was confident when he moved back home. This gentleman now visits my home for respite when his carer needs a break, both knowing that I know him well and can support his health and care needs: the alternative would be a nursing care home but both he and his carer are happier knowing he's going to a family home.

Initially my own family, children and grandchildren, were concerned that I'd be taking on too much, but since seeing Shared Lives for themselves they've embraced my new role. The people I have supported have been involved in family birthday gatherings and Sunday dinners, and the grandchildren see it as second nature and the people I support are simply 'part of the family'.

Will I need to adapt my home?

Having accessible and ground floor accommodation will increase the amount of people who can be matched with you. However, this is not a requirement. The persons needs will be taken into account when your Shared Lives worker is considering a match. Some small pieces of equipment may come with the person for example toilet frame, chair raisers but this will be discussed prior to the arrangement.

Will there be opportunity to continue to help the person once they have returned home?

If the person continues to need support when they return home there could be opportunity for you or other Shared Lives carers to provide day support or short breaks. Many Shared Lives carers develop supportive relationships with those they have supported and will maintain some form of contact.

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

0151 227 3499

info@sharedlivesplus.org.uk

www.SharedLivesPlus.org.uk