Shared Lives Model Of Care

Shared Lives Plus is the UK network for shared living approaches to care and support for disabled or older people. We provide advice and support to Shared Lives schemes and carers. Our aim is to see Shared Lives and Homeshare become the go-to options for care, support and inclusion. Shared Lives is growing rapidly as it is recognised as an alternative form of care, health and wellbeing service, which helps people who may have complex support needs, to live good lives in ordinary family homes and as valued members of their communities. Shared Lives Plus helps our members to work together to survive and thrive, influencing local and national policymakers and providing support, training, events, resources, research programmes and access to insurance.

Shared Lives in Northern Ireland

Shared Lives schemes have been running in Northern Ireland and the rest of the UK since the early 1990s and are regulated here by the RQIA. Previously known as adult placement providers, Shared Lives schemes recruit, train, match and support Shared Lives carers from the local community. These dedicated individuals provide care in their own homes offering day support, short breaks or longer term live-in support for adults with social care needs. To date in Northern Ireland Shared Lives has supported adults with a learning disability but it is also supporting older people and other groups in the rest of the UK. The model offers choice and potential cost savings to both those needing care and commissioners of care. Shared Lives schemes can be managed and run directly by Health & Social Care Trusts or commissioned from the third sector. Shared Lives Plus can provide advice, support and training on how to set up and run schemes as well as support for Shared Lives carers.

This is a time when we need to think about new and radical options to support people with health needs, making use of community based solutions which can be more cost effective than traditional institutional care. Where people can receive the treatment they need whilst remaining in their community, living amongst family and friends, they have the best chance of building long term health and resilience.

Shared Lives offers an alternative approach for people who need support, where trained Shared Lives carers share their own homes and family lives with adults after a careful matching process. This approach has a strong track record as a social care service going back many years and ... continues to grow in what is an increasingly challenging context for social care.

Simon Stevens Chief Executive, NHS England
**Reform of Adult Social Care in Northern Ireland**

There are too many people in hospital beds who are no longer acutely unwell, but for whom the next step in their care is delayed or is not meeting their needs and choices.

There have been a wide ranging number of health & social care reviews looking at reshaping the current health system in Northern Ireland. This has included the Donaldson review (The Right Time, The Right Place) which led to the Bengoa review (Systems Not Structures: Changing Health & Social Care) which was published towards the end of 2016. This was followed by the Health Ministers vision for the way forward “Health & Wellbeing 2026 – Delivering Together”. In relation to adult social care there was the “Who Cares” consultation in 2013 and more recently the expert advisory panel on adult care and support (2017). What is clear is that the current system needs to be reshaped and that examples of good practice around adult social care need to be scaled up.

**Scaling Up Shared Lives – NESTA & the Big Lottery**

Shared Lives Plus has been successful in gaining support from the “Accelerating Ideas” programme with the NESTA Foundation and Big Lottery. This has secured financial support to fund development posts in both Scotland and Northern Ireland. The key objective is to scale up the Shared Lives model of care working in partnership with the health & social care, community and voluntary sectors in Northern Ireland. A key focus is also to scale up Shared Lives as a model of care to support our ageing population in Northern Ireland.

**SECTION 2**

**Executive Summary**

**Shared Lives Key Findings**


- There were 349 adults with a learning disability receiving Shared Lives support in Northern Ireland. This represents just over 4% of the total number of adults with a learning disability in Northern Ireland in receipt of social care services.

- There are 216 Shared Lives carers in Northern Ireland (over 50% of these are part of “Share the Care” in the Northern Trust). This represents just over 2% of the total number of Shared Lives carers in the UK (10,000 in total).

**Shared Lives Schemes in each Health & Social Care Trust Area**
The Northern Trust “Share the Care” scheme supports 13% of all adults with a learning disability in the Trust area. This is significantly higher than any other Trust area mainly providing short breaks or day support in a Shared Lives carer home as opposed to institutional care.

Just over 20% of adults receiving Shared Lives support are being cared for in Shared Lives carer homes for longer than 4 weeks (longer term live-in arrangements).

The largest Shared Lives scheme in Northern Ireland is “Share the Care” managed by the Northern Health & Social Care Trust (71% of Shared Lives service users in Northern Ireland).

Opportunities to grow Shared Lives

- Shared Lives schemes currently only support adults with a learning disability in Northern Ireland but the potential is huge to support a range of other adults with care and support needs:
  - Older people e.g. day and short breaks support, respite care and delayed entry to residential care
  - Young adults coming out of the care system who are supported by Shared Lives carers in a family environment to lay the foundations for success in life e.g. getting a job, training etc
  - Adults with mental health issues who could benefit from support and recovery in a Shared Lives carer home as opposed to institutional care
  - Ex-substance abusers who could benefit from the stability and inclusion that Shared Lives carers can provide on a short or longer term basis
  - Scaling up the Shared Lives model of care fits well with the drive for reform, innovation, cost savings and greater personalisation in adult social care. This is especially important in relation to more choice and sustainability around care for older people.
  - Up to £2.6 million a year could be saved if an additional 100 adults with a learning disability were supported in a long term Shared Lives arrangement compared to long term residential care.
  - If all Trust areas caught up with the use of Shared Lives in the Northern Health & Social Care Trust (13% of adults with a learning disability using Shared Lives in Trust area), 1079 people would be using Shared Lives in Northern Ireland.

## Shared Lives support by type of care

<table>
<thead>
<tr>
<th>Placements 4+ weeks</th>
<th>Short breaks with at min. 1 overnight stay</th>
<th>Day support</th>
<th>Total service users</th>
</tr>
</thead>
<tbody>
<tr>
<td>72</td>
<td>257</td>
<td>20</td>
<td>349</td>
</tr>
</tbody>
</table>

### Projected growth in Shared Lives if all Trusts matched Northern Trust

<table>
<thead>
<tr>
<th>Belfast Trust Area</th>
<th>South Eastern Trust Area</th>
<th>Southern Trust Area</th>
<th>Western Trust Area</th>
<th>Total Projected Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>22</td>
<td>0</td>
<td>28</td>
<td>52</td>
<td>1079</td>
</tr>
</tbody>
</table>

- The vast majority of support (74%) offered by Shared Lives schemes is short breaks support to enable family carers to have a break while their loved one is cared for in a Shared Lives carer home in their community.
- Adults with mental health issues who could benefit from support and recovery in a Shared Lives carer home as opposed to institutional care
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</tr>
</thead>
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<td>1079</td>
</tr>
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</table>

- The largest Shared Lives scheme in Northern Ireland is “Share the Care” managed by the Northern Health & Social Care Trust (71% of Shared Lives service users in Northern Ireland).
- The Northern Trust “Share the Care” scheme supports 13% of all adults with a learning disability in the Trust area. This is significantly higher than any other Trust area mainly providing short breaks or day support in a Shared Lives carer home. Shared Lives carers in the scheme also provide longer term live-in arrangements (more than 4 weeks).
- Shared Lives long term placements in a Shared Lives carer home for an adult with a learning disability can save up to £26,000 a year in care costs and £8,000 for adults with mental health issues (compared to a stay in institutional care).  
  - The four Health & Social Care Trusts currently providing or commissioning Shared Lives are in the process of standardising payment rates for Shared Lives carers across schemes. This is subject to approval and funding being agreed by the Health & Social Care Board. This development would provide a boost to developing Shared Lives care in Northern Ireland.
• Shared Lives uses a co-production approach to matching service users’ interests and preferences with the Shared Lives carer to ensure a good fit to meet their needs as well as family carers. This fits well with the drive in policy towards greater personalisation, choice and self-directed support. There are opportunities for Health & Social Care Trusts to develop a co-ordinated regional marketing and recruitment campaign to attract new Shared Lives carers. Many existing Shared Lives carers have come through the fostering route moving from caring for children with a learning disability to providing support for adults.

• Shared Lives should be considered as an option as part of any resettlement programme of long term patients from hospitals and other institutions back into the community.

• The RQIA in its report “Review of Adult Learning Disability Community Services Phase II – October 2016” referred to a variance in how Health Trusts are managing the transition from children’s to adult’s services. While there is a regional protocol or pathway “a number of families reported experiencing difficulties, when transitioning to adult services, particularly with continuing provision of short break services, therapeutic input and alternative options to school”.

• The table below highlights the use of various social care services by adults with a learning disability. Shared Lives could be offered as an additional choice and alternative to these existing services e.g. alternative to institutional care.

### Percentage of adults with a learning disability in receipt of social care services 2013-14

<table>
<thead>
<tr>
<th>Type of Social Care</th>
<th>Belfast</th>
<th>Northern</th>
<th>South Eastern</th>
<th>Southern</th>
<th>Western</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Residential/Nursing Home</td>
<td>17%</td>
<td>15%</td>
<td>19%</td>
<td>12%</td>
<td>23%</td>
<td>16%</td>
</tr>
<tr>
<td>Supported Housing</td>
<td>13%</td>
<td>14%</td>
<td>15%</td>
<td>12%</td>
<td>12%</td>
<td>13%</td>
</tr>
<tr>
<td>Day Centres</td>
<td>37%</td>
<td>43%</td>
<td>46%</td>
<td>26%</td>
<td>63%</td>
<td>41%</td>
</tr>
<tr>
<td>Day Opportunities</td>
<td>33%</td>
<td>28%</td>
<td>27%</td>
<td>20%</td>
<td>27%</td>
<td>27%</td>
</tr>
<tr>
<td>Short Breaks</td>
<td>26%</td>
<td>29%</td>
<td>27%</td>
<td>26%</td>
<td>16%</td>
<td>26%</td>
</tr>
<tr>
<td>Domiciliary Care</td>
<td>9%</td>
<td>9%</td>
<td>30%</td>
<td>27%</td>
<td>15%</td>
<td>18%</td>
</tr>
<tr>
<td>Direct payments</td>
<td>11%</td>
<td>8%</td>
<td>7%</td>
<td>7%</td>
<td>8%</td>
<td>8%</td>
</tr>
<tr>
<td>Shared Lives*</td>
<td>1.2%</td>
<td>13%</td>
<td>0%</td>
<td>1.4%</td>
<td>4.8%</td>
<td>4.2%</td>
</tr>
</tbody>
</table>

| Number of adults with a learning disability receiving social care 2014-15 (each H&I area) | 1816 | 1926 | 1516 | 1981 | 1087 | 8326 |

*Shared Lives use 2015-16

### Section 3

**Shared Lives Survey Analysis**

**Age profile of adults with a learning disability using Shared Lives in Northern Ireland**

- The majority of adults with a learning disability being supported by Shared Lives are in the age range 26-49
- There are a growing number of adults aged 50+ being supported i.e. 23% of the total

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**Age profile of adults with a learning disability using Shared Lives in Northern Ireland**

- Adults with a learning disability - (18-25) 66
- Adults with a learning disability (aged 26-35) 94
- Adults with a learning disability (aged 36-49) 109
- Adults with a learning disability (aged 50+) 80
- Total service users 349
Analysis of Shared Lives carers

Number of Shared Lives carers by Trust area

<table>
<thead>
<tr>
<th>Trust Area</th>
<th>Number of Carers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Northern Trust</td>
<td>110</td>
</tr>
<tr>
<td>South Eastern Trust</td>
<td>37</td>
</tr>
<tr>
<td>Western Trust</td>
<td>43</td>
</tr>
<tr>
<td>Southern Trust</td>
<td>26</td>
</tr>
<tr>
<td>Belfast Trust</td>
<td>216</td>
</tr>
<tr>
<td>Total</td>
<td></td>
</tr>
</tbody>
</table>

Type of care offered by Shared Lives carers

- **36%**: Shared Lives carers providing long term live-in support
- **50%**: Shared Lives carers providing day support or short breaks
- **14%**: Shared Lives carers offering other types of care

Age of Shared Lives carers

- **64%**: 18-64 years
- **36%**: 65+


- **Day support Shared Lives carers recruited**: 0
- **Short breaks Shared Lives carers recruited**: 15
- **Long term Shared Lives carers recruited**: 9

Ethnicity of Shared Lives carers

- **Don't know / didn't say**: 0
- **Other ethnicity groups**: 0
- **Black / African / Caribbean / Black British**: 2
- **Asian/Asian British**: 4
- **Mixed/multiple ethnicity groups**: 0
- **White/White English /Irish traveller/ Welsh / Scottish / Northern Irish /**: 120

Shared Lives Scheme staff in Northern Ireland

- **Total number of Shared Lives scheme workers**: 14
- **Shared Lives admin workers**: 3
- **Shared Lives worker/ co-ordinator/ officer**: 8
- **Shared Lives scheme manager**: 3

*Shared Lives Plus will offer support to Shared Lives schemes to collect more detailed information on diversity for future surveys.*

Pictured above Shared Lives Scheme Co-ordinators in Northern Ireland with Frank Johnston, Northern Ireland Development Manager (far left).
Positive Futures Families Matter
Shared Lives Scheme

Martin and Stephanie Kenny – Shared Lives carers

“We provide respite for two adults with learning disabilities through Families Matter
Shared Lives Service and gain so much from having them in our lives.”

“We can honestly say giving up a few Saturdays a month to help other families, by
giving them some respite, has been without a doubt one of the best things we have
ever done. Our own wider family circle really enjoy having these special people in their
lives also.”

Martin and Stephanie provide a wide range of fulfilling, meaningful and exciting
opportunities both in their home and the local community to enhance the lives and
promote independence of the people they support.

Ann’s family, who support her to live in the community state that they would be lost
without this valuable respite which enables Ann to have amazing opportunities and
allows them to have a much needed break whilst knowing that Ann is in a safe,
nurturing environment.

SECTION 4

Benefits of Shared Lives

Flexibility – the Shared Lives model can support a wide range of adults with care needs

Choice - an alternative to respite or longer term Institutional care

Adults needing care have limited options if they are not able to care for themselves at home and do not want
institutional care or have suitable family support. For example discharging an older person from hospital
straight to their home may not be the best option if their home requires adaptations, is old housing stock
which is cold and draughty and they are socially isolated and fearful being on their own. This can be daunting
even with care staff calling in at regular intervals during the day. If coming home is not an option it can lead
to delayed discharge. Shared Lives could be offered to older people and their families as an alternative to
residential care. It can be difficult to access residential care beds when needed whereas Shared Lives carers
can be more flexible.

Personalisation - Shared Lives matching process

The matching process involves service users and their families in making decisions about which Shared Lives
carers they will be cared for and by and where. This involves an introductory and getting to know you session
before a match is made. This supports personalisation of care and increased self-directed support.
South East Wales Shared Lives Scheme

The scheme which is run by Caerphilly County Borough Council provides a service for vulnerable adults with Shared Lives carers in their local community. Individuals using adult placement services have the opportunity to be supported in Shared Lives carers' homes and local communities. It offers placements in the six local authority areas and can arrange long-term placements, short-term placements, respite placements, emergency placements and sessional support. It tailors each placement to the needs and requirements of each individual. People may want some hourly support in the daytime, respite, or a long-term place to live. Shared Lives offers the opportunity for people to be supported in a friendly, homely environment within the local community. Malcolm pictured right is 72 and receives regular respite care from Julia in her own home.
Shared Lives Plus is the UK network for family-based and small-scale ways of supporting adults. Our members are Shared Lives carers, Schemes and Homeshare programmes. We support and advise our members; produce information and guidance; and campaign with and for small community and family-based services. There are currently 4 Shared Lives schemes in Northern Ireland.
Charity number 1095562 - Company number 451142

References
1 Social Finance - Investing in Shared Lives - July 2013
2 Table A1, Page 57 - Review of Adult Learning Disability Community Services Phase II - October 2016 - RQIA
3 Page 34 - Review of Adult Learning Disability Community Services Phase II - October 2016 - RQIA
4 Figures compiled from Appendix 1 - Table A1, Table A2, and Table A3 - Page 57 - Review of Adult Learning Disability Community Services Phase II - October 2016 - RQIA
5 A profile of older people in Northern Ireland - Annual Update (2015) OFMDFM - page 24
6 Health & Social Care Board/Public Health Agency Commissioning Plan (2015-16) - page 69
7 Health & Social Care Board/Public Health Agency Commissioning Plan (2015-16) - page 70

Shared Lives Plus
Head Office:
G04, The Cotton Exchange
Old Hall Street, Liverpool
L3 9JR
Tel: 0151 227 3499
Fax: 0151 236 3590

Northern Ireland Support
Please contact
Frank Johnston
Northern Ireland Development Manager
E: frank@sharedlivesplus.org.uk
Mobile: 07392313502