

2017 – 18

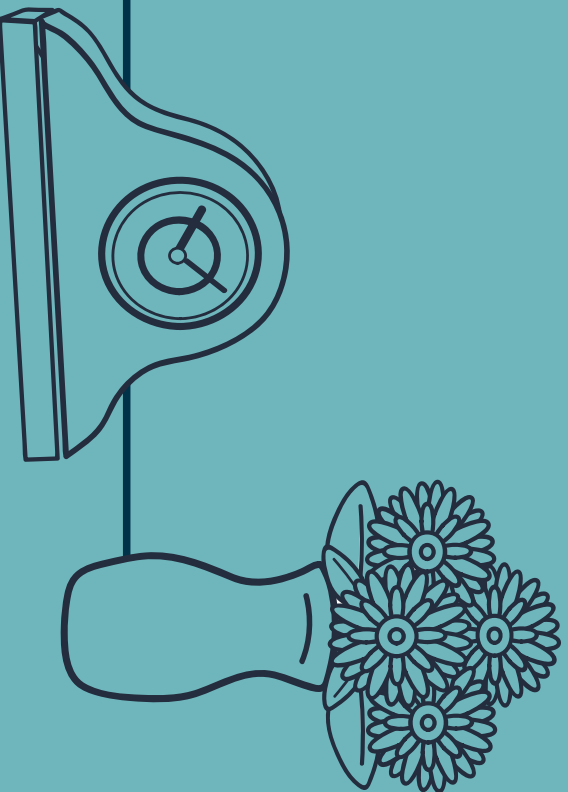
Shared Lives in Wales

Annual Report 2017-18



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Foreword

Rt Hon Mark Drakeford,

AM, First Minister of Wales



I am pleased to introduce Shared Lives Cymru's State of the Nation report. I have always supported the Shared Lives carer model at a local and national level, and enormously value the way in which it enables people to lead lives that are as independent and fulfilled as possible.

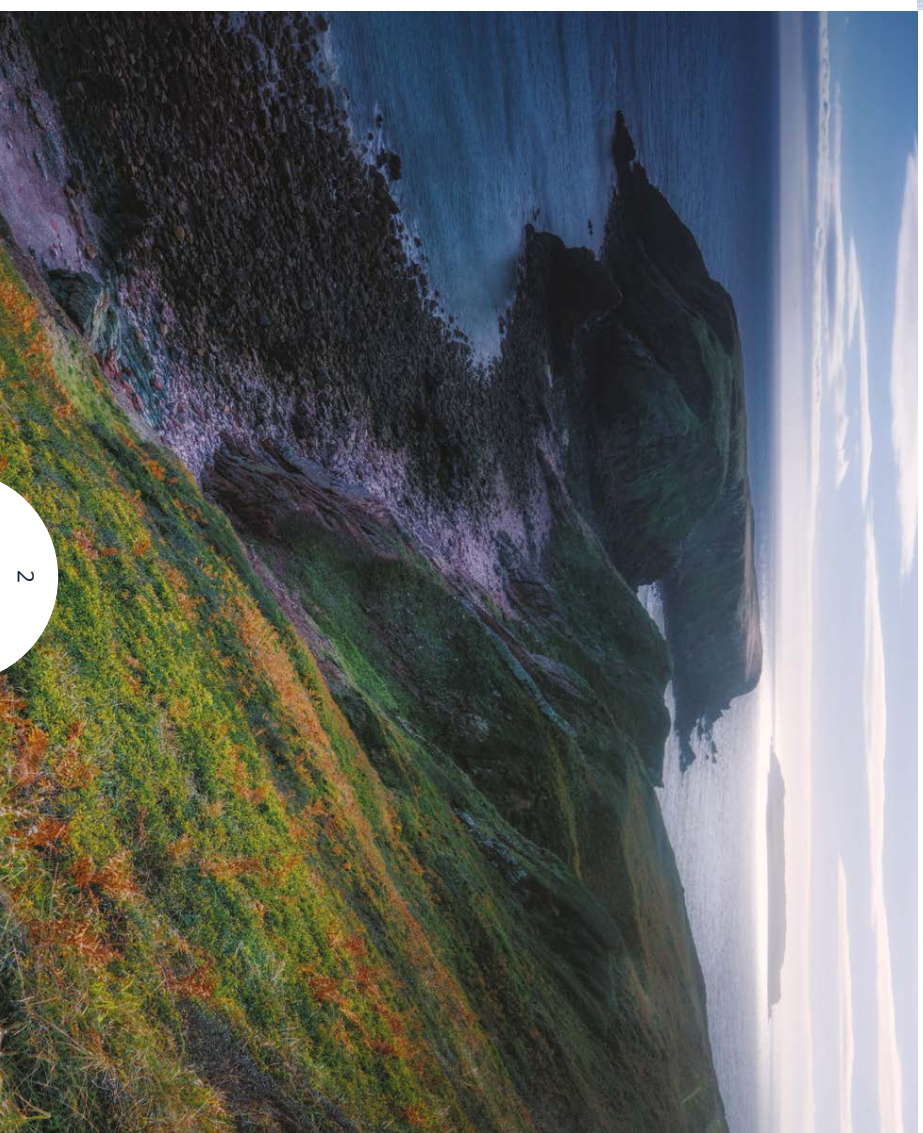
Welsh Government supports Shared Lives Cymru via the Intermediate Care Fund (ICF), which encourages new and innovative models of integrated working across social services, health, housing, the third and independent sectors. In one example more than 200 people across six local authorities have been referred to a new health initiative offering support in South East Wales. This led to support for more than 100 older people experiencing frailty, chronic ill-health, dementia, mental ill-health or needing support with hospital discharge.

Shared Lives Cymru also benefits from funding under the Welsh Government's Third Sector Sustainable Social Services grant, with a fourth year of funding announced last autumn, for 2019-20. Their programme of work supports the aims and objectives set out in our transformational Social Services and Well-being (Wales) Act 2014, in particular for older people and those facing dementia. Key amongst the project objectives is raising the profile of the adult placement sector and helping service commissioners understand the benefits of using Shared Lives care. Many commissioners have embraced the opportunity for innovation and developed new services, with more poised to do so.

The support of the third sector, including organisations like Shared Lives Cymru, is vital to the success of our Social Services and Well-being Act. All of us need to work together to make the rights and fundamental principles that are embedded in our legislation, a reality. It is hugely encouraging therefore that this model of care is now helping nearly a thousand people in Wales.

The willingness of those who choose to become Shared Lives carers, to open their homes to people in need

of care and support, is fantastic to see and I know how rewarding they find it. I strongly encourage anyone who thinks they can make a positive difference to people's lives, to consider taking up such a role. To those who are already working as Shared Lives carers, I offer my thanks for your compassion and the difference you make to others, I am sure many more people now, and in the future, will understand the benefits of Shared Lives services, and make a positive choice to use them.



Heléna Herklots,

Older People's Commissioner for Wales



The right kind of care and support can make a big difference to older people's lives, helping to keep them safe and have the best possible quality of life.

But whilst a great deal of work has been undertaken in Wales to make care and support services more person-centred and more focused on an individual's needs, they tend to be delivered through traditional domiciliary and residential care models.

These kinds of services play a vital role in ensuring that older people can get the help and support they need, and will no doubt continue to be key ways in which care is provided.

But as people's needs continue to change, and the benefits of a more holistic approach, with a greater focus on an individual's overall wellbeing, are increasingly recognised, it is important that different models of care delivery are developed and made available to older people throughout Wales.

That is why alternative models like Shared Lives are so important.

Shared Lives care not only provides older people with the support they need to live as independently as possible and remain part of their communities, but also offers them greater choice in terms of who is providing support and the setting in which this support is delivered.

But where the Shared Lives model really adds value is its focus on allowing meaningful relationships to develop between older people and their Shared Lives carers, something that is sometimes missing in the delivery of traditional care and support services.

Shared Lives care combines innovation with a proven record of delivering positive outcomes and offering value for money, and I hope it continues to grow so that older people throughout Wales can benefit from the wide range of services and support it offers.

Key messages

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- Shared Lives schemes in Wales have grown by just under 3% in 2017/18 to support 982 people, despite budget pressures and lack of investment.
- Significantly higher growth of 8% and 13% has been achieved through investment from local commissioners and Welsh Government's Integrated Care Fund.
- If all Welsh authorities caught up with the best performing expanding Shared Lives services by 13%, on current totals, the number of people enjoying Shared Lives care would rise to more than 1,100 people. This expansion could generate savings of around £1.4 million/year.
- Wales' Shared Lives schemes and carers support 384 older people, including 176 people over 65 - a 5% rise on last year.
- Dementia support is up by 30% and schemes also report an increase in older people, mental health, complex needs and physical disability support too.
- South East Wales' Health Initiative has grown by 7.5% helping more people stay independent.
- North Wales have secured ICF funding to expand dementia support services in 2019.
- Powys, the Vale of Glamorgan and West Wales services are expanding, with a new Homeshare service planned in Carmarthenshire to enable older people to live independently for longer.

¹ A 13% increase on the total of 982 people would mean an extra 128 people supported in Shared Lives services. If all 128 used Shared Lives for long-term support (average cost £360/week) compared to residential care home (£574/week, as per Laming & Buisson Care of Older People: UK Market Report 2018 (29th edition) with a cost saving per person/ per week of £214 a saving of £1.42 million could be achieved (£214/week x 52 weeks x 128 people = £1,424,384) <https://www.payingforcare.org/how-much-does-care-cost/>

How you can support Shared Lives to grow?

2017 – 18

For commissioners

- Use our strategic advice and support to develop innovative services for older people and those with dementia; review current service delivery; prepare to expand and build a responsive and flexible service able to deliver local and national health and wellbeing goals.
- Identify integrated health and social care funding to launch new Shared Lives services.

For health and social care managers

- Use integrated funding to expand Shared Lives reablement services for older people
- Use My Shared Lives Outcome tool – an online tracker for people who use Shared Lives and Shared Lives schemes to demonstrate the outcomes they achieve and the positive difference that Shared Lives support brings to their life. It is a way to tell powerful stories with data, so that people who use, or set up and pay for Shared Lives can make informed decisions.

For national & local politicians

- Work actively with Shared Lives and family carers to promote Shared Lives services.
- Support Shared Lives schemes to lobby local and regional commissioners for integrated funding.

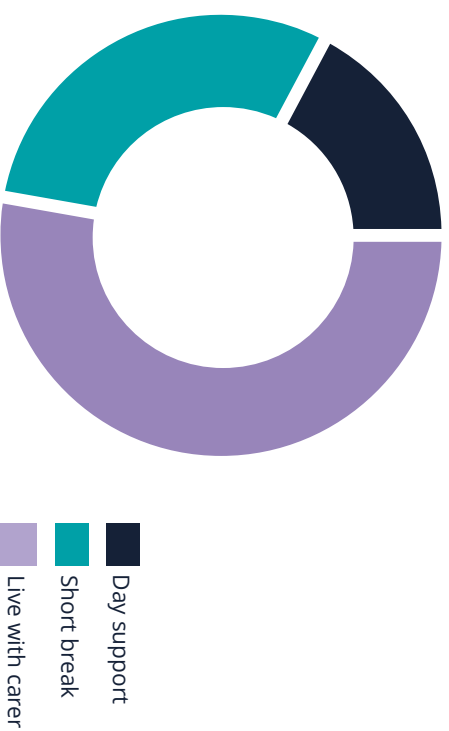
For Shared Lives schemes

- Work with Shared Lives carers to promote and develop services, for example, developing a local Shared Lives charter together.
- Work collaboratively in partnership with third sector and voluntary organisations to deliver Shared Lives services.

Key statistics

How people use Shared Lives

- 982 people were supported by a Shared Lives carer, an increase of 27 on 2016/17
- 524 people - 53% living with Shared Lives carers
- 295 people - 30% enjoying short-breaks and respite
- 163 people - 17% using Shared Lives for day support



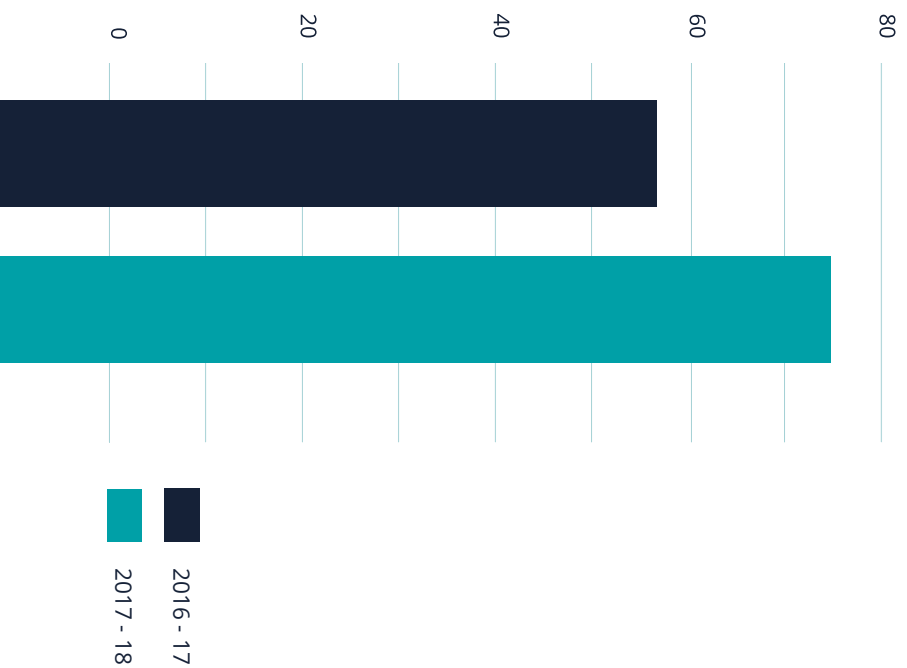
Age of people supported

- 384, just over 39%, people using Shared Lives are aged 50+
- compared to 21% young adults (18 - 24 years) using the service.
- The percentage of older people is set to rise as more authorities use the service as support for people with dementia.



Growth of Shared Lives supporting people with dementia

The most significant area of growth of Shared Lives care in Wales has been the numbers of people living with dementia who visit a Shared Lives carer (usually to provide a break for a family carer) – increased by 30% on previous years. More dementia-specific support services are planned for the coming year.



The need for Shared Lives carers

Shared Lives schemes recruited 62 new Shared Lives carers over the year, with a net growth of 18 new Shared Lives carers, just over 2% up on the previous year. This reflects static growth where there's been no investment, with pockets of expansion where funding has been secured. There's a continuing need to recruit more Shared Lives carers to provide flexible, specialist support, including dementia care.



Shared Lives Part of the family

In Shared Lives, a young person or adult who needs care and support moves in with, or regularly visits an approved Shared Lives carer. They are matched for compatibility and develop a strong, supportive relationship that helps them take control and achieve their goals. Together they share family and community life.

Shared Lives carers are recruited and trained by Shared Lives schemes – there are just eight schemes in Wales, which cover 95% of Wales, with the potential for local and health authorities to start new schemes. The service is regulated by the Care Inspectorate Wales, making Shared Lives a safe, established support for anyone needing help to live independently for longer.

Well-matched companions: Anna and Carol



“We all need people around us”

Anna was matched with Carol, an older Shared Lives carer. Carol, an experienced Shared Lives carer had given up her work due to ill-health, but when she recovered she really missed it. She's a great match for Anna. They both love company and getting out and about. Carol is 69 and Anna in her seventies, but neither feels their age. They say they're like sisters.

Carol says: "I felt I had a contribution to make and I enjoy Anna's company so much. We get along so well."

Anna adds: "We all need people around us. It's important to have someone to look after and someone who looks after you. If anything happens there's someone to share it with, someone to live life with. Before I felt so isolated. I didn't know anyone. I didn't go anywhere."

“I'd cared for my mother all my life and when she died I felt so alone. I was isolated, there was no one there for me to turn to and that took its toll. I ended up in hospital and I was there some time. I didn't know how I would manage on my own.”



Day support for dementia

“It gives me peace of mind”

Doug visits Brandon, who has become his Shared Lives carer, for support with his dementia. It's also a break for his wife, Iris. They've been married for 54 years and have a strong bond, but time apart helps them cope.

Iris explains, "I couldn't manage without the weekly support. Doug enjoys being with Brandon and that means a lot to me."

Doug enjoys the same sense of humour as Brandon and looks forward to sharing a joke.

Brandon says, "Doug and I like the same music, in our younger days we used to jive. We can always find something to laugh about and love to share a joke."

With Brandon's support Doug can do the things that matter to him.

Iris says, "When Doug is out with Brandon it gives me peace of mind, a chance to catch up with household jobs and to stop and think. I have seen an improvement in Doug and I'm able to leave him for short periods of time in the day, without him becoming too anxious. I really wouldn't want to be without Shared Lives."



The view from a professional

Gaynor commissions support services for a local authority in Wales, but she's supporting her husband with dementia and appreciates the service from both perspectives.

She says: "I didn't want my husband to go into residential care for respite. With dementia the person is still there. For moments every day they may reappear and that means they need to enjoy what they're doing. We were matched with a couple that got it.

They were brilliant at including my husband. He did things I never thought he'd do again. The lady got him involved in all kinds of things. He used to go with her to clean the church. He just got involved in day to day life."

"There's real scope for schemes to offer support to people with dementia. People don't need to go into residential care for short-breaks. For people like my husband a family home is the right place. Shared Lives carers will need training - dementia isn't the same as supporting someone with a learning disability - but the service has real potential."

Starting a shared life In safety and support

Shared Lives carers come from all kinds of backgrounds and are recruited and approved by regulated Shared Lives schemes in their area. Once recruited the Shared Lives carer is approved by an independent panel, then the scheme carefully matches them with a compatible person who needs support.

Shared Lives carers always provide care from their own home, for which they are paid a fee and get an allowance for rent and costs. They offer day support, respite or reablement care, or people can move in with them and become part of the Shared Lives carer's family.

Most get involved because they have a lot to give and want to make a difference. Shared Lives carers say they get as much as they give from living a shared life.

A new family life



“I couldn’t believe how lucky we were”

Anthony

Anthony loves living in a busy household. Claire provides practical support with him: she helps him maintain his weight making sure meal times are regular and there’s plenty of his favourite foods at hand. Her Mum helps too.

Anthony said, “We have Sunday dinner with Claire’s mum every week. I love her dinners. It’s a large family, everyone comes along. It’s a house full.”

Claire helps Anthony stay in touch with his family too. She adds, “Anthony’s part of our family, but we make sure his sister is welcome. Recently he’s started to call my mum, “mum”. His sister said it showed how comfortable Anthony is with us and that’s what we want. It feels right.”

Claire

Claire wanted a change of pace in her working life. She knew about Shared Lives, through her mum, but she had concerns: “It’s a big thing to invite someone into your home and offer them support. You wonder if you can do it, but I wanted to try.”

She started as a Shared Lives carer doing day support, respite care and soon realised she could offer someone a long-term place to call home.

Claire met Anthony through respite breaks. She says: “Anthony was such a lovely person. I said to Mum, ‘wouldn’t it be great to be matched with someone like him.’

“After his parents had died, he’d been successfully matched with a Shared Lives carer, but her health got worse and Anthony needed another match. He knew straight away that he wanted to live with Claire.

Claire says: “I couldn’t believe how lucky we were when the Shared Lives scheme worker said Anthony wanted to come to us.”

Anthony’s worked in a local DIY store for 24-years, getting up at 5am every day. He’s loved the work, but now in his late fifties he’s facing redundancy. Claire said: “It’s an upheaval, but we’ve been able to support him. I’ve put Anthony in touch with a project that helps people with a learning disability find work. I’ve reassured him he has money saved and doesn’t need to rush to find work. We’re looking for something that doesn’t involve a 5am start!”



A life time of caring

Dave and June

Dave and June have four daughters, three grandchildren and are the focus for their large family. For nearly 30 years, they've also opened their home to people, young and old, who need support to live independently.

June said: "We had a leaflet from the local scheme recruiting new carers. We've never looked back. We've always been caring people. My old school friends said to me the other day – looking after people that's you, it's what you've always done."

Both Dave and June had day jobs when they joined the service. At first, they provided respite, but their commitment changed as life changed. When Dave experienced poor health, June was the main support. In retirement, Dave has taken a more active role.

As experienced people Dave and June have provided high-level emergency support for people in crisis. When John, a retired local authority worker, experienced a violent break-in he

couldn't return home alone. He lived with June and Dave while he recovered. June says: "It was a terrible attack. He had a footprint on his face. When he finally came out of hospital he needed somewhere to recover his strength, so he came to us. His sister said it was the first stable, secure home life he'd had in decades." John enjoyed family life over the 15 months he was with them: he was a regular at the local snooker club and out and about with Dave and John's sister was a regular visitor too.

June and Dave now support two older men. Stephen's been with them for 11 years. Paul has just moved in.

Stephen says, "I didn't want to live on my own. Our big family house felt frightening, once my parents weren't there anymore. Here you can do your own thing or join in with everyone. I call June mother dearest – that is what she is to me."

Paul tells his story: "When my mum passed, I knew I couldn't live alone. My brother offered me a home, but he lives out in the sticks. I'd have been on my own while he was at work. I wanted a busy family home in a place I knew. There's always something going on here. I wouldn't want to be anywhere else."

June knows the value of independence. She's helped Paul increase his confidence outside the home. He said: "I'm dyslexic, I struggle with numbers, but I've got a watch now that speaks the time and if I'm worried or I don't feel safe, I just press the alarm on the top and it rings home. It works like a tracker too, so if I'm not sure where I am June can see my location. It means I can go on the bus, get out and about and know that June's there, if I need help."



Supporting people with dementia

Pat and Brandon in their seventies, weren't ready to retire after being active all their lives. They wanted to do something worthwhile and had already experienced dementia as a family. It just felt right to them to offer support as Shared Lives carers, to people facing the same condition.

They say: "If Shared Lives had been around when we needed help life would have been so much easier."

"Shared Lives is an excellent service for older people and those with dementia. Being a Shared Lives carer has given us a purpose. There's only so much walking you can do, and this gives us the satisfaction that we're helping others."

Shared Lives schemes

Delivering a safe, flexible service.

Eight Shared Lives schemes currently operate in Wales, their size and geographical spread vary widely – but in total cover 21 of the 22 local authorities in Wales: 95.5% coverage. The smallest scheme covers one local authority in Denbighshire and is currently developing its services. Of the largest schemes, South East Wales, covers six local authorities and has developed a unique health initiative to provide short-term support that enables people to recover their independence after ill-health. In 2019, the North Wales schemes are expanding their services.

Local Authority Covered	Health Board	Scheme
Cardiff Rhondda Cynon Taf Swansea, Bridgend, Neath Port Talbot	Cardiff & Vale, Cwm Taf, Abertawe Bro Morgannwg University Health Boards	ategi Shared Lives
Denbighshire	Betsi Cadwaladr University Health Board	Denbighshire Shared Lives
Gwynedd, Ynys Mon (Anglesey)	Betsi Cadwaladr University Health Board	Gwynedd and Ynys Mon
Powys	Powys Teaching Health Board	Shared Lives Powys
Conwy, Denbighshire, Flintshire, Gwynedd, Powys, Ynys Mon (Anglesey)	Betsi Cadwaladr University Health Board	PSS Cymru Shared Lives
Blaenau Gwent, Caerphilly, Merthyr Tydfil, Monmouthshire, Newport, Torfaen	Aneurin Bevan University Health Board	South East Wales Shared Lives Scheme
Rhondda Cynon Taf Merthyr Tydfil	Cwm Taf University Health Board	
Vale of Glamorgan	Cardiff & Vale University Health Board	Vale of Glamorgan Adult Placement Service
Cardiganshire, Carmarthenshire, Pembrokeshire, Ceredigion	Hywel Dda University Health Board	West Wales Shared Lives



Methodology

2017 – 18

This is the fifth annual report on the state of Shared Lives in Wales.

In 2017/18, all eight schemes in Wales who are all members, responded to the survey. They cover 21 of the 22 local authorities in Wales, 95.5% coverage. All schemes provided comprehensive responses except for data on age, ethnicity and sexuality where some do not collect this information. We have reviewed how schemes and we capture data and in 2019 we will make it simpler and provide a more comprehensive picture.



Acknowledgements

We would like to thank Shared Lives schemes for participating in the survey:

ategi Shared Lives Scheme

Denbighshire Shared Lives Scheme

Gwynedd, Ynys Mon

Shared Lives Powys

PSS – Person Shaped Support – Shared Lives

South East Wales Shared Lives

Vale of Glamorgan Adult Placement Service

West Wales Shared Lives

About Us

Shared Lives Plus is the UK's membership network for shared living, supporting more than 150 Shared Lives schemes across the UK, 20 Homeshare schemes and nearly 6,000 Shared Lives carers. We have a unique overview that informs the support and guidance we provide to our members and enables us to be a voice for the service with governments and decision makers. We are funded by our membership, but mainly significant project grants, including the Welsh Government, UK Government, NHS England, Big Lottery Fund, Accelerating Ideas and Nesta, Lloyds Bank Foundation of England and Wales, Pears and Dunhill Medical Trust.



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Contact us

Please contact us if you would like an informal chat, more information or you are interested in investing or setting up a new scheme.

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