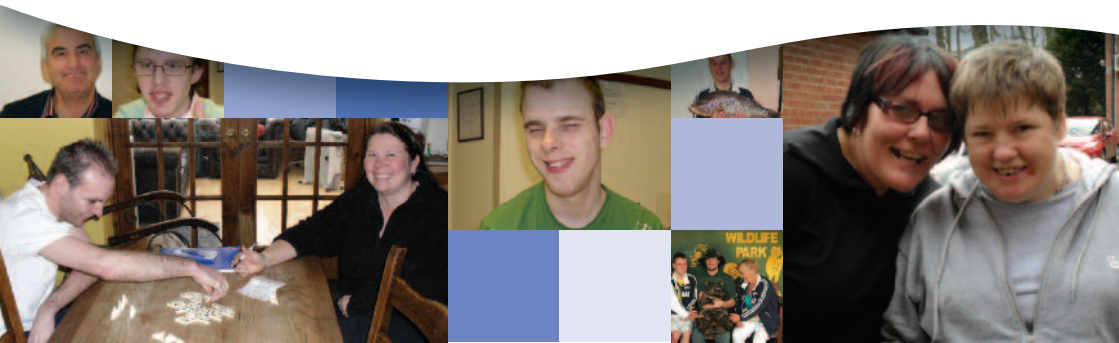
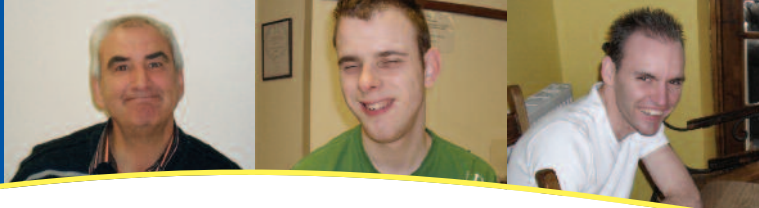




# St. Anne's Shared Lives

Offering Homes to People with Learning Disabilities





# St Anne's Community Services

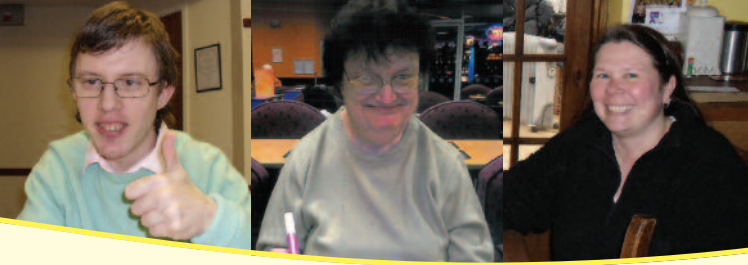
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**St Anne's Community Services is an established social care and supported housing organisation working across the North of England.**

St Anne's provides a wide range of housing, day care and community support to people with a learning disability, a mental health or substance use issues and the many homeless people who still need our services.

St Anne's has rightly earned a reputation for innovation and responding to the needs of individuals with a range of high quality service, working in partnership with health and local authorities and other voluntary organisations.

St Anne's is now a major provider of care and support services throughout the North of England.



# St Anne's Shared Lives

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## Aim

St. Anne's Shared Lives was set up in October 1992 to fill a gap in services in Leeds. The aim is to recruit carers who can offer a home to adults with a learning disability. We were previously called the Community Carers Scheme.

## Quality

St Anne's Shared Lives is registered as a Shared Lives service with the Care Quality Commission (CQC), under The Health and Social Care Act 2008. The scheme is assessed as being Excellent. A copy of our inspection reports are available on request.

## Values

St. Anne's believes that people with a learning disability have the same right to live as normal a life in the community as everyone else. For many people, the chance to live in an ordinary household could be what they need and have perhaps never had. It is our job to recruit and train carers and to match them up with people needing this service. We then provide on-going support. We currently support over 50 people throughout Leeds and the surrounding area.

**“For many people, the chance to live in an ordinary household could be what they need and have perhaps never had.”**



# Shared Lives Carers

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## What is Expected of Carers?

As carers, you are expected to provide a warm, comfortable home with a private room for the person you care for, and any care and support they require. Practical support in providing board and lodging is essential but, equally important is emotional support and care of the person.

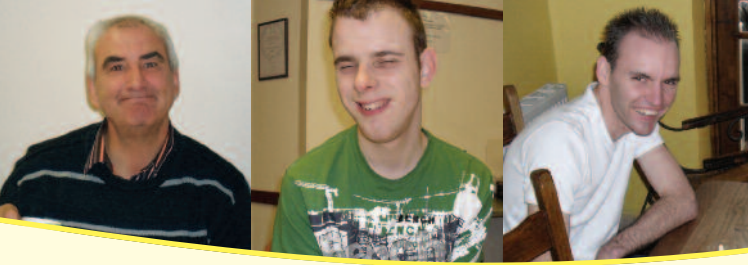
Specific expectations will be agreed with you and with the person you care for before any arrangement is made in a Shared Lives Agreement, and this will be reviewed regularly. The most important thing is to include the person in your life and help them grow and develop as individuals.

## What Sort of People Become Carers?

We welcome carers from all backgrounds and walks of life. Carers can be families, couples or single people of all ages. You need to have a stable lifestyle, good health, enough room in your house and a genuine desire to help someone with a learning disability.

It is useful to have had some experience of caring work but personality, values and attitude to life are far more important.

We would particularly welcome carers from black and minority ethnic communities who are currently under represented on the scheme.



# People Who Need Carers

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## Learning Disability

The term “learning disability” means that a person’s ability to learn is affected and, therefore, they will develop at a slower pace than many other people. With help, some people can learn to do many things for themselves but others will need more help and care throughout their lives. Learning disability is a permanent condition, often from birth.

## Individuals

It is important to recognise that people with learning disabilities are not “all the same” and that each person has their own unique personality, talents, strengths and needs. People come to the scheme from various situations including those who are finding it difficult to live independently; those who are unable to continue living with their family or those who wish to move on from a residential setting.

## Care and Support

Each individual has different support needs around personal care, communication and independence skills. These range from requiring carers to do things for them to carers offering advice and support. The ethos of the scheme is for carers to enable each person to be as independent as possible.

**“Each individual has different support needs around personal care, communication and independence skills.”**



## People Who Live With Carers

### Rhoda with Mary

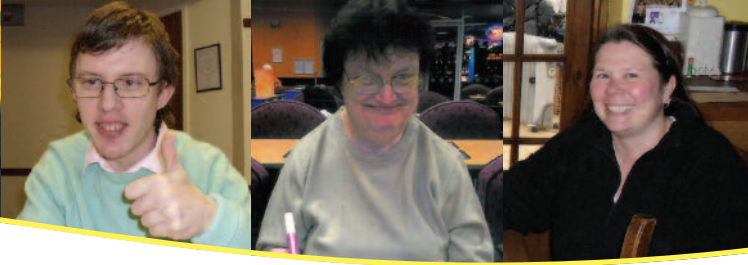
Rhoda spent 10 years living in various social services hostels without settling in any of them. She did not get involved in the life of the hostel and tended to find the larger group difficult to be in. She kept to herself and did not communicate much. She also expressed a wish not to live with other people with learning disabilities.

Two years ago, she moved from the hostel to live with Mary, has grown in confidence and now initiates things she would like to do. She has become part of the local community and has built up a real and rewarding friendship with Mary and her children.

Mary worked part-time in a supermarket but found it difficult managing child care arrangements as a single mother. She has built up a strong relationship with Rhoda as they are of similar age and have common interests. The children also get on well with Rhoda and call her 'auntie'.

Mary has left her job and is now based at home which has improved her quality of life immensely and solved the problems with child care. She has also been able to claim Working Tax Credit which has boosted her income.

**“She has become part of the local community and has built up a real and rewarding friendship with Mary and her children.”**



## William with Jean and Bob

William had lived with his parents all his life when they became ill and could not offer him the care he needed any more.

He met with Jean and Bob on our scheme and decided he would like to try living with them, rather than in a hostel. With the backing of his family, he moved in and has learned a lot of new skills, has an active social life and is very much part of the household.

Jean and Bob have helped him accept leaving his parents and he still sees his family regularly. He sees old friends every day at his training centre and enjoys spending a few breaks each year with the same respite carers he always had.

Jean and Bob are a couple in their 50's whose children have left home. They felt there was a lot of space at home and a gap in their lives. Since William has moved in they have had a new lease of life. Jean has been able to give up her part-time job and is enjoying being at home.

They have built up a good relationship with William's family and have enjoyed seeing him grow in confidence.

They had no experience of people with learning disabilities before applying to the scheme.

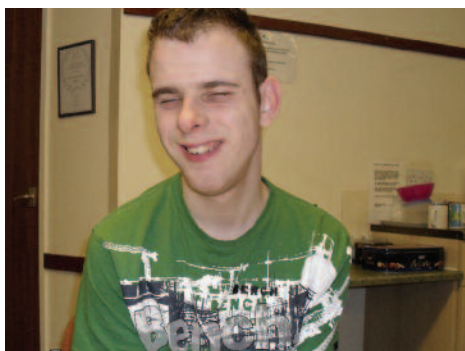


## People Who Live With Carers

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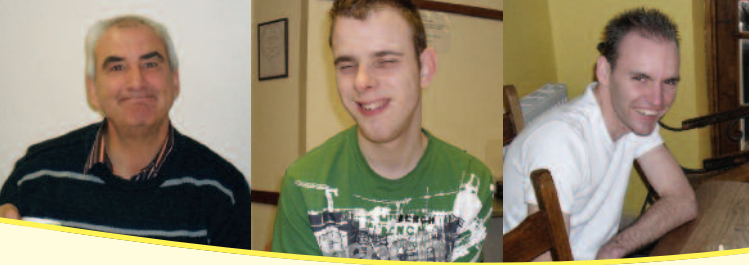
### Michael with Stephen and John

Michael is a young man with mild learning disabilities who has lived in care all his life. At 18 he moved into his own flat but was unable to cope, struggling to manage on a day to day basis and he began to neglect himself. He moved in to live with Stephen and John to help him gain practical daily living skills such as budgeting and cooking and to give him much needed emotional support. He now has a part-time job, increased confidence and hopes to move into his own flat again in the near future.



Stephen and John are a couple in their 40's. Stephen worked in care services for many years but found it increasingly impersonal and dominated by paper work. Becoming a carer has enabled him to spend more quality time on a 1 to 1 basis with Michael, which he finds much more fulfilling than working in residential care.

Both Stephen and John have taken a lot of pleasure in seeing Michael gain skills and confidence and in helping him in fulfilling his wish to live independently again. They then plan to help another client in the same way.



# Finding The Right Person

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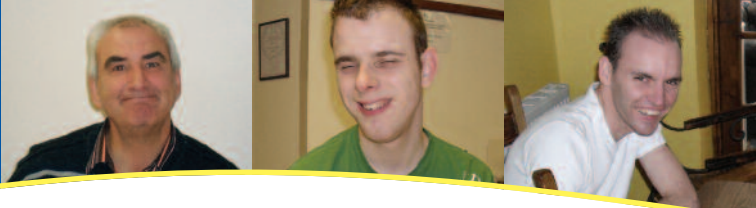
## Matching

Matching up carers with the right person is one of the most important parts of our job. It may take some time to find the right person for you, as there are many things to be considered. You will decide, with us, what you feel is right for you (e.g. gender, age, degree of disability). We then have to consider factors such as personal interests and lifestyle, down to details like smoking.

## Introductions

When a suitable match has been identified, introductions are arranged, which are followed by visits to give you and the person a chance to get to know each other. These visits always include at least one overnight stay and usually involve a number of weekend visits. Only if and when both parties are happy will an arrangement be confirmed. There is then a three month introductory period at the start of the arrangement.

**“Matching up carers with the right person is one of the most important parts of our job.”**



## What Will I Receive?

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### Fee

As a carer you will receive a fee of over £300 per week tax free. You may also be entitled to Working Tax Credit, depending on your individual circumstances.

### Respite

You are also entitled to four weeks respite each year as time to yourself and to recharge your batteries.

### Support

You will receive regular visits and support from St Anne's staff and we are always on the end of the phone if needed (including a 24 hour helpline).

There are also regular carer support groups.

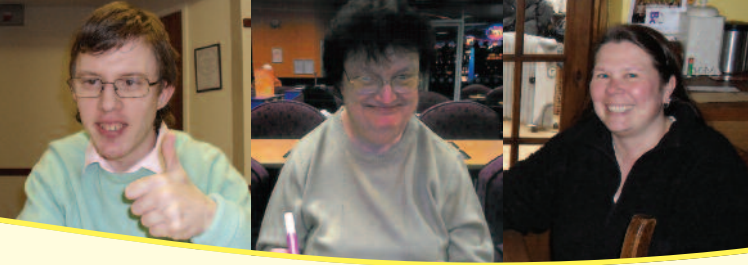
### Training

There is a regular ongoing training programme for all carers including the Learning Disability Induction Award, as well as an opportunity to complete an NVQ qualification if you wish.

### Job satisfaction

Perhaps most importantly you will have the satisfaction of 'working' from home, the freedom of managing your own time and the pleasure in helping a person develop, learn new skills and become part of your life.





# How Do I Become a Carer?

## Rewarding

Shared Lives Carers have a very rewarding and a very responsible job. The people we are seeking homes for are very vulnerable. They may have lived very sheltered lives, either in an institution or at home and they could be easily exploited or mistreated so we need to ensure that only appropriate people are approved as carers.

## Assessment

In order to do this we visit carers' homes so that we can get to know you all well. We will also, with your permission, take up various references: CRB, GP, employer and personal. We will ask you to our training and preparation meetings where you will find out what you are really letting yourself in for and receive the basic information to enable you to be a carer.

## Approval

After this we will decide together on what you feel you have to offer and what kind of person would fit in best with your lifestyle.

This assessment will form the basis of a report which you can comment on and will then go forward to the Scheme Panel, with final approval by St Anne's Chief Executive.

You may feel that all this is more difficult and complicated than you first thought. It is - but it is worth it!



**St Anne's is a not for profit, person centred organisation.**

We provide a range of services in the North of England to people who have learning disabilities, mental health issues, substance use issues or who are homeless.

Last year we supported over 3,000 people.

## Who to Contact

If you would like to talk to somebody about this scheme,  
or you want to proceed with your application, please contact:

### **Martin Ewing**

Shared Lives Co-ordinator

**Tel:** 0113 2816967

**Email:** [martin@st-annes.org.uk](mailto:martin@st-annes.org.uk)

### **St. Anne's Community Services**

6 St. Mark's Avenue Leeds LS2 9BN

**Tel:** 0113 243 5151

**Fax:** 0113 245 1526

**Email:** [info@st-annes.org.uk](mailto:info@st-annes.org.uk)

**Or visit our website at:** [www.st-annes.org.uk](http://www.st-annes.org.uk)