

# Bristol Shared Lives

## Information about Day Opportunities



Day Centre

We know that everyone is different. You may find that Day Centres do not meet your needs.



Do you prefer one-to-one support or support in smaller groups of people?



Would you prefer to receive support in the comfort of a carer's family home or your own home?



If you answered 'yes' then Day Opportunities from Bristol Shared Lives could be for you!

# What can Shared Lives Day Opportunities offer me?



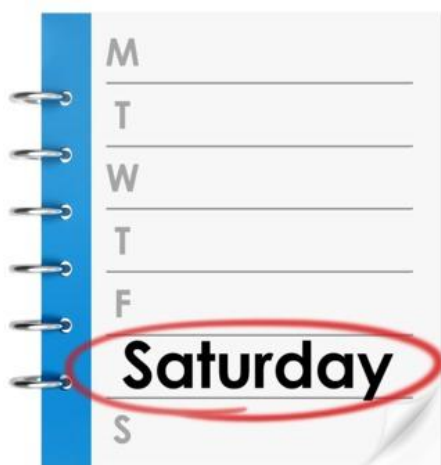
Shared Lives is a scheme where you get support and care from a family in their own home.



You can learn new skills and meet new people in the comfort of your carer's home.



If you prefer, you could also be supported by a Shared Lives carer in your own home.



Many Shared Lives carers also offer short stays. If you also need a break, you could stay in their home overnight or at weekends.



Shared Lives carers can help you to increase or maintain your independence, offering support with:

- Cooking
- Shopping
- Travelling
- Looking after yourself
- Managing your money
- Making choices
- Accessing education and learning
- Accessing community activities



...Or just relaxing in a clean, comfortable family home, enjoying shared activities with new friends.



# Who are Shared Lives carers?



There are many different types of families who become Shared Lives carers. For example, couples, single people, same-sex couples, or families with children.



Shared Lives carers share their homes with the people they support, or they can provide Day Opportunities in the comfort of your own home.



You will have a choice about which family supports you. We will help you choose the right family for you.



If you don't like what we arrange for you, you are free to say 'no'.

## Who can use Shared Lives?

You can use Shared Lives if you are aged 18 or over and you need support.

We support lots of people with lots of different needs, including people:

- With a learning disability
- With a physical disability (physical means to do with your body)
- With mental health needs
- Who are older and cannot live alone
- Who have problems seeing, speaking or hearing



# Who does what in Bristol Shared Lives?



Shared Lives staff at Bristol City Council choose, train and support Shared Lives carers.



The Bristol Shared Lives team carefully choose members of the public to become carers.



An independent group of people who know all about Shared Lives approve each carer.



Bristol Shared Lives team always check and support Shared Lives carers.

# How do I access Bristol Shared Lives?



If you think you would like to try Day Opportunities with a Shared Lives carer, please speak to your Social Worker.



If you do not have a Social Worker, please contact **Care Direct** on:  
**0117 92 22700**

## For more information on Shared Lives:



Tel: 0117 903 6680



Email:

[sharedlives@bristol.gov.uk](mailto:sharedlives@bristol.gov.uk)



Or visit our webpage:

[www.bristol.gov.uk/sharedlives](http://www.bristol.gov.uk/sharedlives)

Fri - 9am to 4.30pm



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