

Bristol Shared Lives

Information about Short Breaks



When you or your parents or carers need a break, would you like...



Your own bedroom that is private?



To stay in a comfortable house with friendly people?



To get as much support as you need?



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

What is Shared Lives?



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



You could stay in the family's home for a short break. This could be an overnight stay, a weekend stay or longer.



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



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.



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 a short break 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



Or visit our webpage:

www.bristol.gov.uk/sharedlives

Fri - 9am to 4.30pm



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