



BEING A SHARED LIVES CARER

Sharing your home,
sharing your life...

A SHARED LIVES RESPITE CARER POV!

Karen has been an approved Shared Lives Carer who provides short-term respite care from her home, for four years. We asked Karen about being a Shared Lives Carer and this is what she told us:

‘I have always worked in the caring field and many members of my family do too. I find being a Shared Lives Carer very **rewarding**. Not only does it contribute to the individual’s life but it contributes to mine and my family’s too. I currently have two individuals that I support, separately, for short-term respite stays.

The placements are very different and **personalised** to what each individual wants to achieve from their respite. One lady I support loves to put her feet up and read her magazines. The other lady likes to access the local community to go for walks and to visit new places. They both love **spending time with my family and friends**, especially my young grand-daughter.

Providing Shared Lives respite has opened me up to **try new things and go to new places** that I may not have gone before. I enjoy being a Shared Lives Carer because I am **helping to create memories** for the individuals I support. I have developed amazing relationships with the individuals I support and we have lots of fun during their stay. Not only this, but **supporting their families** and main carer to have the break they deserve too!

If I could describe being a Shared Lives Carer I would say:

It is a role that is **rewarding** for the individuals, their families and also the Shared Lives Carer.

It keeps me going, physically and mentally, as I continue to learn and develop myself. It adds a **sense of purpose** to my life and allows me to **give back to my community**.’



Contact the Shared Lives team for more info:

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