



James's Journey with Shared Lives.

James is a young man who was referred to the Shared Lives scheme, who had never accessed respite before. Coming from a small family as an only child, James primarily spends time with his mum and dad.

The Shared Lives team recognised that James was apprehensive and nervous about meeting new people. To assist him, they guided him through the matching process with care and understanding.

The team engaged in discussions with both James and his parents to complete an in-depth assessment and explored what James was seeking from a respite placement. The team used 'talking books' which enabled James to view photos of potential carer matches along with their families and homes while listening to their voices. James and his parents informed the team about the carers he was interested in meeting. This meeting was arranged, and from the very start, James connected well with the carers.



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sharing your life...

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Following this meeting, James visited the family home with his dad, prior to visiting for a short time on his own. Utilising allocated day respite sessions within the Home and Away scheme, James had the opportunity to spend time with the carers for several day respite sessions. This helped him to get to know the carers, environment and being away from his parents.

The carers have told the team that each day respite session helped James to gradually open up. This progression enabled the carers to learn more about him.



After several Home and Away day respite day sessions, James felt ready for his first overnight respite stay. This was a successful overnight respite stay, and James is already looking forward to returning. The Shared Lives team will continue to monitor this placement and support James to increase his independence whilst accessing respite.

What does James think about Shared Lives respite?

‘I really like the Shared Lives carers, they are a good match for me. Going for the day sessions helped me to get used to their house. I like the bedroom and enjoyed my overnight stay. We are going to go to the zoo together and I have been building Lego there.’

The Shared Lives team asked James how he would feel about complete some travel training in the future to be able to travel via public transport to and from his Disability Day Opportunities sessions. James said ‘Yes, I can do that because I like getting the bus on my own.’ This is something the Shared Lives team will continue to work with James to achieve this goal in the future.

What does James’s parents feel about Shared Lives respite?

‘It was a long-awaited break and has come at a great time as I am feeling unwell currently. This respite has given me opportunity rest and try to get tasks done around the home. The Shared Lives carers are a really good match for James to have new experiences and be in a household that is different to home.’

What does James’s Shared Lives Carers feel about the placement?

‘We have really enjoyed getting to know James so far and look forward to having him over for further respite stays. The day respite sessions helped us all to become comfortable with each other. James is very different to the other individual we support, and this means it is a great opportunity for us to provide a bit of a different placement, that is person-centred to James.’