

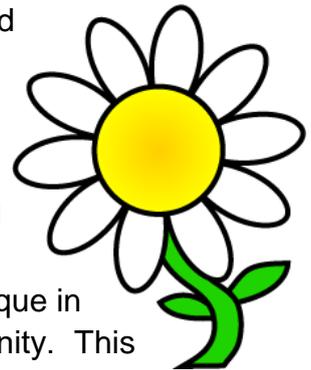


Aberdeenshire Shared Lives Scheme

What is Shared Lives?

Shared Lives offers people the chance to contribute to real friendships and become active, valued citizens with a sense of belonging and confidence in themselves.

We match people over 16 years of age with a disability, with someone who shares the same interests. The possibilities are endless with Shared Lives as each person decides what they want to achieve and we match them with someone who can support them to success. The support is unique in that it is based in and around the Shared Lives Carer's home and community. This partnership is flexible and could range from a few hours during the day or evening, during the week or weekends, to possibly a short overnight break. Shared Lives provides person centred support which allows for real choices in life. This is a mutual match so people can share hobbies, interests, communities, holidays and friends.



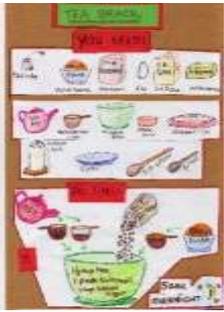
Our Shared Lives Carers are assessed, trained and supported by Aberdeenshire Council.



What are the possible outcomes for those involved in Shared Lives?

Skills development and training opportunities

for people who are working towards greater independence



Learning independent living skills:

As the support is based in and around a family home learning independent living skills comes naturally with involvement in this scheme.

Skills like cooking (using personalised recipes), household tasks like washing the dishes, doing the laundry, shopping and budgeting can all be developed in 1-1 meaningful way.

“I’m more confident using the oven and the dishwasher”

“I enjoy baking and I’m good at it too”



Find a new hobby or talent: Our carers have a wide range of skills, experiences and hobbies giving those who use our service the opportunity to try new things and surprise themselves by what they can achieve.

- Gardening
- Woodwork
- Animal care
- Arts and crafts
- Photography
- Walking
- Swimming
- Cycling
- Skiing
- Fishing



“When you find out you can do something you didn’t think you could it feels good!”



Blocks of art sessions: 1-1 art sessions which take place in a comfortable home. Session might include walks along the beach and making lunch together.



Support to maintain employment: In addition to day support we also offer overnight stays which can be used to help people to maintain their employment. The skills which can be developed in this setting may include:

- Maintaining and sustaining a morning routine
- Budgeting, shopping and making lunch to take to employment
- Travel to and from place of work
- Productive night routine



Healthy activities: Our Shared Lives Carers promote healthy lifestyles, including healthy eating and healthy activities. We also have fun events which promote a healthy lifestyle.

Taking responsibility for own personal care is also promoted as much as possible.

"I have learnt to remember to brush my teeth and stay safe on the bus with Shared Lives".

"I know to be responsible with my medication"



The possibilities are endless...this is about you and what you want to achieve!

Community and Group Opportunities

for people building on personal learning and development
and people who require support to participate in community activities



Volunteering with a local community group:

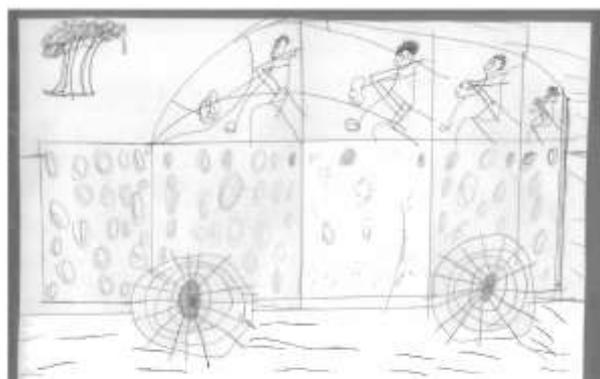
We support people to volunteer at the Museum of Scottish Lighthouses, to shop for elderly neighbours and with gardening projects in Peterhead and Methlick.

"it's brilliant, I like learning about the museum"

"I get on well with the group...we are a good team".

"Our visit is the highlight of our neighbours week"

"I am happy when I help others"



Independent travel around the community and beyond: The Shared Lives Team work with people on their travel skills to support them to independently make their own way to their Shared Lives Carer's home.

"I have aims with Shared Lives...I have more confidence in my self now...I can't wait to get the bus on my own"



Being a member of our Chatty Daisy Client Group:

The members of this group meet 4 times a year and learn skills in minute taking, turn taking, decision making and planning. The group organise and run an annual event for everyone else in the scheme which is always greatly enjoyed. The group have also chosen to learn more about fire safety, internet safety and public speaking which they then shared with the rest of the scheme. This group really makes a difference to the lives of others in the scheme.



Part of the community: With their Shared Lives Carers our clients are supported to access community resources for instance

- local library,
- museums,
- gardens,
- clubs,
- churches,
- sports centres....

"I just like to share my life with people who I'm friends with"

We also raise money and awareness for local community groups. These groups are chosen by those who use our service and supported to achieve their goal by their Shared Lives Carer.

Shared Lives also encourage and support engagement with local environment and people taking pride in their heritage and natural surroundings.



Shared Lives Monthly Events: We also have monthly events for everyone involved or interested in Shared Lives and their families and carers. These events build friendships, confidence and encourage new interests.

"I can do more than I ever thought I could"



Shared Lives Activity Weekends: We arrange 3 short activity weekends a year- the activities to choose from range from

- wellbeing,
- crafts sessions
- drumming,
- canoeing,
- orienteering,
- fishing
- bread and pizza making.

On these weekends everyone surprises themselves with what they can achieve!

"We get a weekend to be together, to share, to work together, to learn from each other, to laugh together and experience new things."

"The weekends dispel any sense of isolation"



What you want to be part of and share with others is up to you!

"I make new friends and overcome challenges with Shared Lives"

"I don't feel so alone in making a difference in my son's life...I'm so glad I reached out"

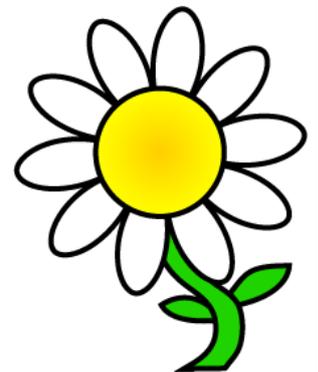
"Carers in Shared Lives are amazing, they amaze me, it's the genuineness"

"I get a lot of pleasure being with people who really understand"

"The things Shared Lives do are simply amazing"

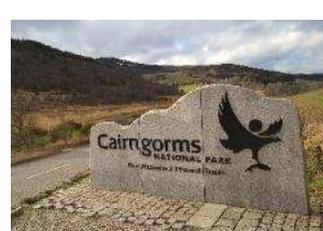
"Seeing my son with a big smile, feeling confident and being independent"

"It is lovely to see my son interacting with others, gaining confidence, skills for life without depending on me. You are an amazing, dedicated and first class team."



Where is Shared Lives?

We have Shared Lives Carers throughout Aberdeenshire.



The scheme's office is based at Carlton House, Aberdeenshire Council, Arduathie Road, Stonehaven. AB39 2DL

How to contact Shared Lives

Tel: 07824837791 **Email:** sharedlives@aberdeenshire.gov.uk

Website: www.aberdeenshire.gov.uk/sharedlives