

A guide to Shared Lives for mental health crisis



Shared Lives South East Wales

Working Together:

**Aneurin Bevan University Health Board
and the South East Wales Shared Lives Scheme**

What is Shared Lives for mental health crisis?

The Shared Lives for mental health crisis project provides an alternative to, or facilitates early discharge from, an inpatient hospital setting.

The project is based on evidence that individuals experiencing a mental health crisis recover better if they feel part of the community, are in a supportive family setting, and are able to take part in a daily routine.

Shared Lives carers share their home, family and community life with the individual, providing safety and support, with a focus on developing and maintaining independent living skills and connections in the community.

The project is funded by Aneurin Bevan University Health Board and delivered across Gwent by the South East Wales Shared Lives Scheme. Caerphilly County Borough Council is the lead authority.

Who is it for?

The project is for individuals experiencing a mental health crisis who would benefit from care and support in a family environment instead of a stay in hospital.

- Crisis teams and senior ward staff identify individuals who might benefit from using Shared Lives
- Guidelines are in place to support the decision making
- Each Shared Lives arrangement is carefully risk assessed
- The individual can stay with the Shared Lives carer for up to four weeks
- The length of the stay is agreed on a case by case basis and depends on the amount of support each individual requires



Who are the Shared Lives carers?

Shared Lives carers are recruited from the local community and go through a thorough assessment and approval process. They receive regular training and support from the Shared Lives team. They are paid for the arrangements they provide.

Shared Lives carers come from all walks of life with a common goal of providing positive support to individuals in their community. They do not require any formal qualifications or experience but a genuine interest in helping others. They are motivated and committed to supporting individuals in crisis.

Shared Lives carers are not required to provide professional support for the individual's mental health needs. Professional staff from the crisis team and the Shared Lives team visit regularly, and the carers have 24 hour telephone support.

To find out more about the Scheme you can:

Phone: **01443 864784**

email: **sharedlives@caerphilly.gov.uk**

Go to our webpage: **www.caerphilly.gov.uk/sharedlives**

Working in Partnership:



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