

Report of Director of Adults & Health**Scrutiny Board (Adults and Health)****Date: 19 December 2017****Subject: Leeds Shared Lives Service**

Are specific electoral Wards affected? If relevant, name(s) of Ward(s):	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Are there implications for equality and diversity and cohesion and integration?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Is the decision eligible for Call-In?	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No
Does the report contain confidential or exempt information? If relevant, Access to Information Procedure Rule number: Appendix number:	<input type="checkbox"/> Yes	<input checked="" type="checkbox"/> No

Summary of main issues

1. The purpose of this paper is to provide Scrutiny Board (Adults and Health) with an overview of the Leeds Shared Lives Service, following interest in the service having been shown at a previous Scrutiny meeting.
2. Adults and Health recognise the vital contribution that unpaid carers make to health and care in Leeds and the benefits that having a short break can provide for both unpaid carers and for the people they care for. Any support that provides a break for the unpaid carer by replacing the care they normally provide must provide a meaningful and fulfilling experience for the person they care for. Short breaks, or respite can take a number of forms, from a residential placement for a week or two or for a service or an individual to take over caring on a temporary basis ranging from a couple of hours to a couple of weeks.

Recommendations

3. Scrutiny Board is asked to note the information within this report that provides an overview of the Shared Lives Service

1. Purpose of this report

- 1.1 The purpose of this paper is to provide Scrutiny Board (Adults and Health) with an overview of the Leeds Shared Lives Service following interest in the service having been expressed at a previous Scrutiny meeting.

2. Leeds Shared Lives Scheme

- 2.1 The Leeds Short Breaks service was set up in 1977 and at that time, it was managed by the Adult Resources section of Leeds City Council as one unit which covered all age groups. In 2008 the Department separated its Children and Adult services and the Shared Lives Scheme moved to be managed within Adults & Health. In line with national developments the scheme was renamed as Leeds Shared Lives in May 2010.
- 2.2 The Scheme offers two different types of support: Shared Lives Short Breaks and Day Support which are offered in approved Shared Lives carers homes and an Outreach Service which offers support in the homes of customers. The two types of support work very closely together to provide a city wide range of preventative and outcomes focused services.
- 2.3 The Scheme is registered with the Care Quality Commission as a Domiciliary Care Service and has an overall rating of 'Good' following an inspection in September 2017.
- 2.4 The Scheme is staffed by 1 Registered Manager, 5 Qualified Social Workers, 2 Social Work Assistants and 2 Administrators.
- 2.5 The Scheme does not provide any long-term Shared Lives placements. These are provided by St Anne's Shared Lives, which is commissioned separately by Adults and Health to provide long-term support for people with a learning disability.
- 2.6 There is currently no long-term Shared Lives provision for older people, people with physical impairments or people with mental health needs provided through either the Leeds Shared Lives Service or St Anne's Shared Lives Service.

Leeds Shared Lives Outreach Service

- 2.7 The Outreach Service was developed in 1997 in response to the needs of older people with Dementia who were considered to be better supported in a familiar environment such as their own homes.
- 2.8 The service provides an alternative to traditional residential respite and day services and aims to provide a positive experience for those using the service by supporting choice, independence and control for the customer whilst enabling their unpaid carer to take a break from their caring role.
- 2.9 The Outreach Service works on the ethos of ensuring positive relationships via compatibility for successful outcomes. The service is delivered via a 'matching' process between the customer and outreach worker.

- 2.10 The service offers flexible and regular day and night support and where possible supports in emergency situations for a short period of time, where a considered risk assessment has been completed.
- 2.11 The Outreach Service is not limited to the customer's home as outreach workers are able to support person centred activities within the community to promote social inclusion and wellbeing.
- 2.12 There are currently 190 customers who are supported by the Outreach Service, the majority of whom are older people with dementia. Each person receives between 2 and 8 hours of replacement care per week.
- 2.13 The types of support range from assistance with personal care, medication and meals to a sitting service and accessing the community to undertake a specific activities.
- 2.14 Access to the outreach service is via a direct referral from a Health or Social Care Professional where eligibility has been assessed.
- 2.15 Each customer has a "Fairer Charging" assessment to determine if they have ability to contribute to the service they receive.

Leeds Short Breaks Scheme

- 2.16 The Short Breaks scheme originated in 1978 and was the first of its kind in the country. The service has retained a national reputation for innovation and good practice and takes an active role in supporting and developing the Leeds Shared Lives scheme via the national association, Shared Lives Plus.
- 2.17 The Short Breaks scheme provides regular short breaks, emergency cover and some medium term placements to allow informal carers to take a break from their caring role. Approved Shared Lives carers who have a room to spare in their home can offer flexible, personalised and community based support to a customer on a regular, planned or emergency basis.
- 2.18 The Short Breaks scheme does not provide long-term placements but works closely with St Anne's to achieve and support such placements via joint working approaches.
- 2.19 As an alternative and in addition to Short Breaks the scheme offers flexible day support in an approved carer's home and community. This service is a valued part of the Leeds Shared Lives Service in offering support to adults and older people who live alone or with family, to access community activities and promote social inclusion. Day support provides customers with opportunities to develop skills and experiences which promote choice, control, independence and wellbeing.
- 2.20 There are currently 103 customers who are supported by the Short Breaks scheme, the majority of whom have a learning disability and are aged between 25 and 65 years of age.

- 2.21 Access to the Short Breaks service is via a direct referral from a Health or Social Care Professional where eligibility has been assessed.
- 2.22 Each customer has a “Fairer Charging” assessment to determine if they have ability to contribute to the service they receive.

Shared Lives Carers

- 2.23 A Shared Lives carer is someone who opens up their home and family life to include an adult with support needs.
- 2.24 They are paid a fixed amount, rather than an hourly rate and have access to preferential tax arrangements. These carers have a self-employed status.
- 2.25 Shared Lives carers are recruited within the safer recruitment process to ensure that they are suitable to work with vulnerable adults
- 2.26 Once approved they are trained and supported to provide high quality placements and arrangements through a person centred and strength based approach

3. Main issues

- 3.1 Having a break from caring can provide positive outcomes for unpaid carers as well as the people they care for and short breaks should be seen as a key component in our approach to supporting both.
- 3.2 Evidence suggests that there is a gap in meeting the needs of older people particularly with dementia in delivering respite services and promoting social inclusion in a person centred and strength based approach.
- 3.3 The Shared Lives Service is delivered in a manner which is tailored and responsive to the customer's needs. It is highly flexible in comparison to other areas where service delivery is sometimes task centred and commissioned in block. The Shared Lives Service is a cost effective service for those receiving it and offers good value as a service.
- 3.4 The aspiration is to expand the Short Breaks Scheme to offer a short break to a greater variety of people and for a wider range of needs, including older people who would otherwise face unnecessarily prolonged hospital stays or inappropriate admission to acute inpatient care, long term residential or nursing care. The service also has aspirations to support people leaving prison and disabled people including those with mental health needs

4. Corporate Considerations

4.1 Consultation, engagement

- 4.1.1 There are no specific consultation or engagement issues relating to this report.

4.2 Equality and diversity / cohesion and integration

- 4.2.1 A break from caring can reduce health inequalities experienced by unpaid carers by providing opportunities to maintain social contacts, to pursue personal and leisure

interests and to fulfil their educational and employment potential. It is important therefore, that there is equity of access to a break from caring.

- 4.2.2 The provision of the Shared Lives Service promotes opportunities to maintain social contacts, to pursue personal and leisure interests and to lead a fulfilling and independent life for those who receive it. The service also enables customers to access health and social care services which may ordinarily be difficult to reach for disadvantaged and vulnerable adults.

4.3 Resources and value for money

- 4.3.1 The provision of unpaid care is an important policy issue because it not only makes a vital contribution to the supply of care, but can also affect the health and well-being, employment opportunities, finances and social and leisure activities of those providing it.
- 4.3.2 As public services face continued financial pressures set against increasing demand, the introduction of new legislation and models of delivery and changing expectations of citizens, unpaid carers are taking on responsibility for increasing amounts of care. The table below shows that although the most common level of unpaid care is 1-19 hours per week, the number of people providing this level of care fell between 2001 and 2011.

Census	1-19 hours	20-49 hours	50+ hours	Total
2011	45,684	9,473	16,441	71,598
2001	48,446	7,631	14,369	70,446

The numbers of people providing higher levels of care however both increased. In 2011, 36.2% of all carers in Leeds were providing more than 20 hours of unpaid care per week compared to 31.2% in 2001.

- 4.3.3 Unpaid carers provide the bulk of care in the community. If people on average provide towards the mid-range of hours per week in the 1-19 and 20-49 categories and the minimum 50 hours in the remaining category, then this equates to over 1.5 million hours of unpaid care per week across the city. The University of Leeds estimate the cost of this unpaid care to be £1.4billion per year in Leeds.
- 4.3.4 There is strong evidence from various research that many unpaid carers pay a heavy price for their caring role in terms of both their health and their wealth, for example:
- 40% of carers experience significant distress and depression
 - The more care you provide the more likely you are to report bad or very bad health
 - 20% of carers report back injury as a result of caring
 - Providing higher levels of care is associated with a 23% higher risk of stroke
 - 73% of carers say that worrying about their finances is affecting their health

- 4.3.5 It is widely recognised that good support for unpaid carers benefits not only unpaid carers by maintaining their health and wellbeing, but also the health and wellbeing of the person they care for. Supporting unpaid carers to continue caring is therefore fundamental to strong communities as well as to the sustainability of the NHS and Social Care. Leeds has been recognised for its integrated approach to supporting unpaid carers and recently Carers Leeds, with Leeds City Council and NHS Leeds Clinical Commissioning Groups, won the Health Service Journal Award in the Integrated Commissioning for Carers category.
- 4.3.6 The total budget for the Shared Lives Service in 17/18 is £663k. This is broken down as follows:

Service	17/18 Budget	Projected year end spend
Short Breaks	337k	309k
Outreach	326k	261k

4.4 **Legal Implications, access to information and call In**

- 4.4.1 This report does not contain any exempt or confidential information.

4.5 **Risk management**

- 4.5.1 Each customer receives an individual risk assessment as part of the holistic assessment of need. Known risks and managed and mitigated through an appropriate support plan.

5. **Conclusions**

- 5.1 Adults and Health recognise the vital contribution that unpaid carers make to health and care in Leeds and the benefits that having a short break can provide both for carers and for the people they care for.
- 5.2 The Shared Lives Service provides positive outcomes for unpaid carers and the people they care for and should be seen as a key component in our overall approach to supporting both.

6. **Recommendations**

- 6.1 Scrutiny Board is asked to note the information within this report that provides an overview of the Shared Lives Service.

7. **Background documents¹**

- 7.1 None

¹ The background documents listed in this section are available to download from the Council's website, unless they contain confidential or exempt information. The list of background documents does not include published works.