



Tower Hamlets Shared Lives

www.towerhamlets.gov.uk/sharedlives

Who are we?



We are part of the council and can help you find support and somewhere to live.



Our Shared Lives carers will welcome you to join in with their family life in their home.

There are different ways you can do this



Long term - you can choose to live with a Shared Lives carer and their family on a long term basis. Their house would become your home.



Having a break - you might stay for one night, weekend or a few days as a break from where you live.



Day time support - you can go and just spend the day with one of our families.

Carers



All our carers have been checked out by us to make sure they are good at their job.

Why choose Tower Hamlets Shared Lives?



We will help you to find the right support with a Shared Lives carer.



We will help you to meet the family and let you try the placement out, so you can decide if Shared Lives is right for you.



We will help you to achieve your goals and live a full life.



We will help you manage your money.



We will help visit you and your Shared Lives carer to make sure you are ok.

What is it like?



You will have choice; we want everyone who accesses Shared Lives to be as independent as possible and do the things they want to do



You will be part of the community; and join in activities where you live



You will have your own bedroom; if you choose to live or have respite in Shared Lives



You can learn new skills; like doing laundry, shopping, managing your own money



You can make new friends; and also be supported to keep in touch with friends and family

Contact: **Maryam Rouf, Shared Lives Manager**

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Community Learning Disability Service

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