

## Harrow Shared Lives Scheme Policy & Procedure No. 13

### Daily Life and Inclusion in the Community

The Harrow Shared Lives Scheme recognises your right to lead the kind of life you want. This includes having the same opportunities to join in local, social and community activities as anyone else in the community, to take part in valued and fulfilling activities (including paid employment if you wish) and to develop new skills and/or continue with your education or training.

#### How would this happen?

Before starting any Shared Lives (SL) arrangements SL Carers receive general information and training about how to support people in their daily lives and with their personal development.

Your SL Carers will also be given information about your particular needs and wishes and a copy of your Service User Plan. This will tell them about the relevant interests, activities and relationships you already take part in, as well as your hopes and wishes for the future. If you require support to maintain or develop any of these, it will explain how you would like your SL Carers to do this. For example they can provide support with:

- including you in activities and events that they take part in themselves
- finding out about people or groups in the community that have similar interests to you
- making contact with those people or groups
- trying new activities
- keeping in touch with your family and friends
- remembering or making arrangements for meeting up with people or groups
- attending educational and/or social and/or cultural and/or religious events
- being politically active and voting
- getting or keeping a job
- enabling you to develop new skills and/or practise using them at home or elsewhere

- communication
- pursuing your rights with people or organisations that harass you or discriminate against you

Your SL Carers will respect your right to make choices and decisions for yourself and will work together with other people and professionals to support you in leading the kind of life you want. If you require support to speak up for yourself or to make choices and decisions, you will find more information about this in our policies on Communication, and on Making Choices and Decisions.

There is more information about how SL Carers can support you in maintaining existing contacts and/or developing new contacts and friendships in the community in our policies on Safe Friendships and Relationships and Cultural and Religious Customs.

SL Carers will support you in the daily life and activities and goals you choose as part of your Service User Plan. If any risks have been identified these will be discussed with you and actions agreed with you to remove or reduce the risks if necessary. If there are likely to be any restrictions on your choices and freedoms these will also be discussed and agreed with you as part of your Service User Plan. Your needs and wishes and the ways of meeting these will be regularly reviewed as part of your Service User Plan. This will be at least once a year, or more often if you request it or your circumstances change.

**See these other policies and procedures and documents for further information on:**

- Standards of conduct and practice
- Equal opportunities
- Making choices and decisions
- Communication
- Joint working and information sharing
- Cultural and religious customs
- Contact with family and friends
- Safe friendships and relationships
- Safeguarding against abuse and neglect
- Harassment and bullying
- Risk assessment and risk management
- Service User Plan
- Individual planning, monitoring and review
- Training and development