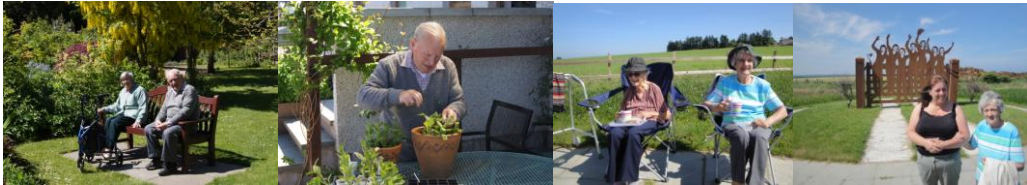




# The Moray Shared Lives Service Newsletter

Edition No 4 - September 2013



It has been really nice to see the photos coming in from our carer team. They show how everyone has made the most of the fantastic weather over the summer months.

It is lovely to hear about all the specially planned trips out, depending on what the service users fancied doing on the day. The carers have visited Cawdor Castle, The Land Girls monument, war memorials and museums, walks along the seafront and river banks, local parks and gardens.... to name a few.

We are now putting our thinking caps on, to have activity ideas in place for the winter months. This will ensure people who use the Shared Lives Service continue to enjoy, and make the most of, their time with their Shared Lives Carers.

## Progress Update:

Our service currently has 5 carers who support 29 people each week. We have a carer starting full time in near Keith, in November. We also have another two potential carers who will go before the selection panel over the next few weeks.

## Shared Lives.....

### Helping people on their dementia journey.....

At the moment we are looking at how our service supports those service users who have dementia, and how we can improve our service. Our team have access to dementia training through the council training team and via online resource through SCIE (Social care institute for excellence).

As Shared Lives Officer I have liaised with my colleagues in the training team and with Alzheimers Scotland, to look at ways in which we can build on the good service we already provide. We have sourced learning materials and undergone specific training e.g. sensory awareness, to support the people who access our service.

### Re-ablement.....

We are also looking at re-ablement. Some carers attended a specially designed training team event last year, to provide information, and they have access to an e-learning package (also on the SCIE website).

Undertaking specific training like this, has allowed our carers to participate in specific pieces of re-ablement work, as directed by the Community Care Officers, or other professionals. E.g. improving manual dexterity and promoting independence through basic cooking sessions, or support to gain confidence to deal with opening a bank account or setting up appointments etc.

Our service offers the opportunity to tailor each person's needs, from the security of the carer's own home, or through the carer supporting trips into the community.

After the success of our 2<sup>nd</sup> anniversary "Trip down Memory Lane" event, we have been asked, in the event feedback forms, to organise another get together. It is a lovely opportunity to bring everyone together again.

**An invitation for Carers, service users and their families:**

**Moray Shared Lives Service**



## **Old Times Music Event**



**Please come along and enjoy refreshments and a varied musical afternoon by live local artists.**

Wednesday the 13<sup>th</sup> of November

1.30pm - 3.30pm

The Supper Room, Elgin Town Hall

(Lift available to first floor)

I am responsible for marketing the Shared Lives Service and promoting the excellent work our carers do each day. I have put together a selection of the things our carers may do during a typical work day:

# A day in the life of a Shared Lives

## Carer .....

Devise tailored outings and activities to suit the needs of the individual, ensuring they are suitable, relevant and fun.

Signpost to other services e.g. Alzheimers Scotland, Short Breaks, Quarriers, etc.

Engage service users and encourage them to make the most of their abilities. Encourage them to learn new skills and try new ideas/activities, in a supportive environment.

Keep up to date with current legislation and adhere to National Care Standards and Moray Shared Lives Service policies and procedures.

Continued professional development: Attend training, meetings, research innovative ways to support the people who use the service, find out about community activities and events etc

Keep records up to date and feedback relevant information to the Shared Lives Officer and other professionals, as the need arises.

Attend Shared Lives Events and cascade information to service users and their families - encourage attendance.

Take part in specific re-ablement work, as outlined by professionals e.g. Learning to use public transport again unaided, cooking skills, confidence in the community, budgeting and bill payment, confidence to communicate after a stroke. etc.

Source products/resources to support families e.g. OT equipment, Educational games, specialised equipment etc.

Build positive relationships with service users, family, Care Officers and other professionals, within the community and within the Shared Lives Team, to ensure good communication and to share best practice ideas.

If you would like any further information on any aspect of our Shared Lives Service, or wish to share comments or feedback on our newsletter, please contact:

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