



Co-operative Councils

Innovation Network

HEALTH & SOCIAL CARE

Hull City Council

Shared lives carers recognised for their hard work during the Coronavirus pandemic

Shared lives carers play a valuable role in society. Shared lives carers support adults with learning disabilities, mental health problems or other needs that make it difficult for them to live a fully independent lifestyle.

Paula Curtiss, Shared Lives manager, said: *“For many of us, the pandemic has been extremely challenging. The impact on shared lives carers and those they support is no less so. When you care for someone who is not a family member, but lives with you as part of the family, it makes this caring very unique and specialised.”*

The scheme matches someone in need with an approved carer who shares their family and community life whilst giving care and support to someone with care needs. The carer provides accommodation and support, with some individuals moving in with their carer. Paula said: *“Throughout the worst of the pandemic, shared lives carers went without breaks from their caring role. It was an extremely testing time. Nevertheless, the commitment of the carers to those they support has been awe-inspiring.”*

Jez is one such carer who supports Vijay...

Jez said: “Vijay lost his structure and routine with all the activities he had done for the last five years. I needed to keep him occupied. Outdoor exercise helped reduce his anxieties and form a new weekly routine.

“As a lone carer, being on your own in these difficult times is challenging. But because we’ve been outdoors, getting fresh air and exercise, it’s helped the mental and physical health of both of us and allowed us to stay positive.”

Jez and Vijay were able to keep occupied with Vijay’s horse Blackjack and also enjoy long walks on the beach and trike rides around East Park.



Despite the real difficulties of being a shared lives carer during a pandemic, Jez felt very privileged to be in the situation he's in. His positive outlook on life and his natural flare for this kind of work has enhanced both his own and Vijay's life with experiences that few other care services can offer.

For further information contact:

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