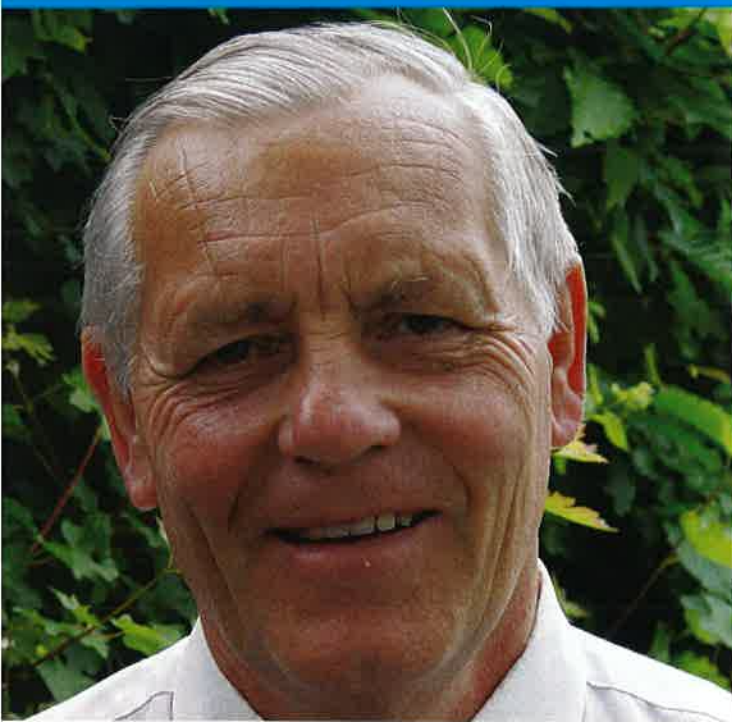


## What is Shared Lives Fife?

Fife Council's Shared Lives team provides support to adults of any age.

### You can receive support for:

- A few hours a week
- Short breaks in the Carer's home
- Living with a Carer sharing their home



### The team will:

- Match you with Shared Lives Fife carer taking into account the needs and wishes of all involved
- Support you to identify a range of personal outcomes/goals
- Work together to make sure you are happy with the carer you are matched with.

### What will Shared Lives Fife do for you?

- Provide someone to support you
- Provide new opportunities to do things you want to do
- Support you to learn new skills
- Build your self confidence
- Develop your independence.

**"I feel confident and happy with my carer, she helps me learn new skills."**



**"Shared Lives works really well for me."**



“The carers I stayed with were very relaxing and helpful. I am really looking forward to planning my next short break.”

#### Alternative Formats

The information included in this publication can be made available in large print, braille, audio CD/ tape and British Sign Language interpretation on request by calling 03451 55 55 00.

#### Language lines

خط هاتف اللغة العربية:

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Polskojęzyczna linia telefoniczna:

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03451 55 55 66



# Making a real difference

## How do I find out more about Shared Lives Fife?

Shared Lives Fife

Tel: 03451 555 555 Ext 460677

Email: [SharedLives.fife@fife.gov.uk](mailto:SharedLives.fife@fife.gov.uk)

