

## How to contact us



**Call us on:**  
01635 520173



**Or come and see us at:**  
The Phoenix Resource Centre,  
Newtown Road, Newbury  
Berkshire RG14 7EB



**email:** [sharedlives@westberks.gov.uk](mailto:sharedlives@westberks.gov.uk),

## Equal Opportunities

If you need this information in a different language, or recorded and spoken aloud, please ask someone to contact the Complaints Manager:



by telephone on **01635 503391**



by email on [complaintsadultsocialcare@westberks.gov.uk](mailto:complaintsadultsocialcare@westberks.gov.uk)

# What can Adult Placement Shared Lives do for you?

This leaflet explains what Adult Placement Shared Lives means for people in West Berkshire



## What is Adult Placement Shared Lives (APSL)?

We can support you to:

- Stay **safe** and **healthy** in your home
- Join in **activities**
- Be independent and to help you to learn and improve your **skills**
- Help you to make **decisions** about your own life



We can offer support to any adult with learning disability, physical disability, mental health illness or dementia as long as they meet the criteria for Adult Social Care Services

## How can we help?

We can arrange a **placement** for you which is the support you get from an APSL **carer**. There are different kinds of APSL placement:

- Living with the carer **in their home**
- **Day support** in the carer's home or in the community
- A **respite break**

We would like to help you live an ordinary life, enjoy activities in your community and be part of your carer's family life.

## What support can we offer?

You may need support with:

- Shopping
- Day activities
- Cooking
- Religion
- Cleaning
- Help with personal care
- Paying bills
- Health appointments



## Getting the right support

A care manager and someone from the APSL team will talk to you and other important people in your life to find out what **support** you need.

We will work with you to choose someone who is right for you.

We keep **checking** to see if the placements are working and the APSL team regularly go out to visit carers and the people they support.

You can help to **choose** new carers by sitting on our panels