

The state of the nation



Steven with his Shared Lives carer Sarah, Moray Shared Lives ▼



Shared Lives care in Scotland 2023-24

Key Messages

Shared Lives is a unique form of social care based on the simple but transformative power of human relationships. In Shared Lives, a young person or adult (**16+**) who needs support is matched with a Shared Lives carer, by their local Shared Lives scheme. Together, they share home, family and community life. The **13** Care Inspectorate (CI) regulated schemes in Scotland offer live in, short break or day support, with a chosen Shared Lives carer.

Within a challenging climate of pressures on the social care system, Shared Lives in Scotland continues to innovate; providing diverse forms of person-led support. Shared Lives schemes support a wide variety of people, from young adults transitioning from foster care, those with a learning disability (including parents) and older people.



Megan and Staci, Shared Lives Fife

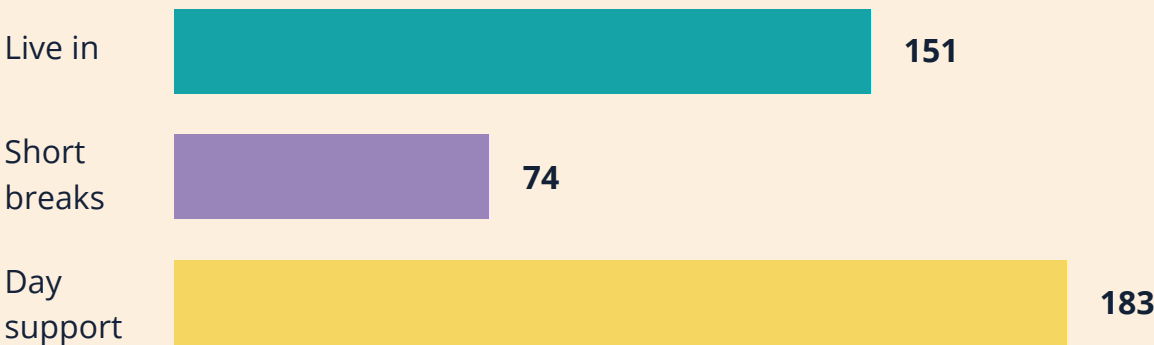
Supported people

Due to the closure of two Shared Lives services, the number of people supported by Shared Lives in Scotland saw a decrease of **13%** to **505** people across **12** schemes. ¹

However, **72%** of the schemes had increased or maintained the number of people they support, with one service reporting an increase of a third over the year.

From the data received, **151** people accessed live-in support, **74** received short breaks, and **183** benefited from day support. ² One scheme in Scotland provided day support to the second highest number of people in the UK.

Types of support drawn on in Scotland



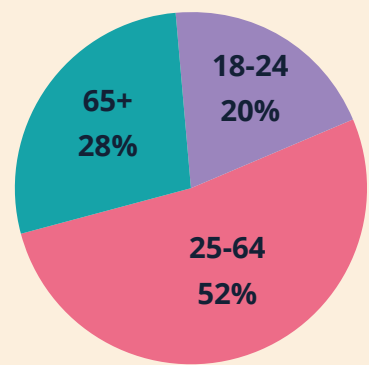
¹ One new service was unable to provide data for the report.

² Not all schemes provided this data.

71% of people supported in Shared Lives live with a learning disability or profound and multiple learning difficulties, **21%** with dementia or a support need related to older age and **4%** with a mental health need. In comparison, across the UK, just **4%** of people supported by Shared Lives live with dementia or older age-related support needs.

52% of people supported in Shared Lives are aged **25-64**, with **20%** being aged **18-24** and **28%** aged **65** or over.

Age of people supported by Shared Lives in Scotland

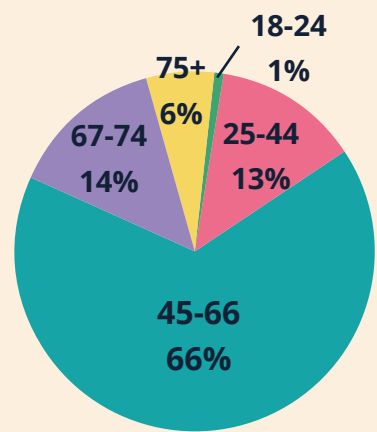


Shared Lives carers

Shared Lives carer numbers have decreased this year, from **635** in **2023** to **610** in **2024**. Again, this is related to the closure of two services. However, **6** out of the **9** schemes who provided this information had an increase or maintained the same number of carers.

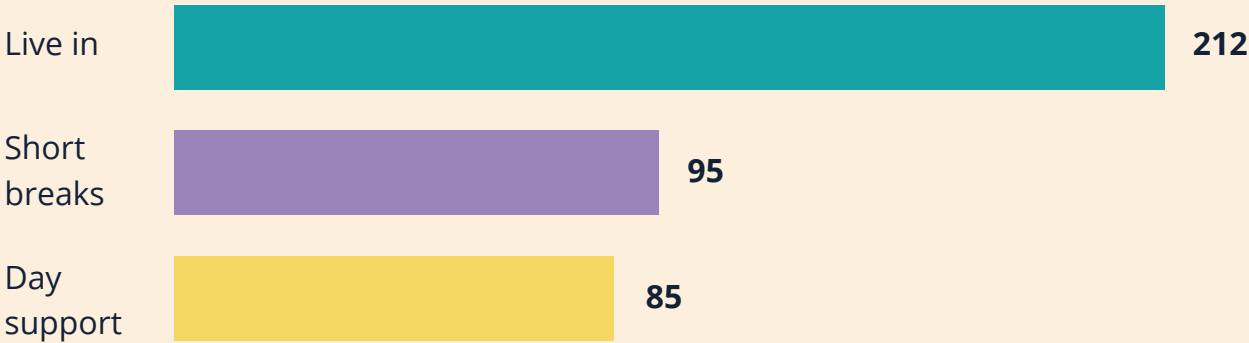
65% of Shared Lives carers in Scotland were aged **45-66**. **1%** were aged **18-24**, **13%** were **25-44** with the remaining **20%** aged over **67** (including **6%** aged **75** or older).

Age of Shared Lives carers in Scotland



From the data received **3**, **212** Shared Lives carers offered live-in support, **95** provided short breaks, and **85** delivered day support.

Type of support provided by Shared Lives carers in Scotland



3 Not all schemes provided this data.

Shared Lives staff

The total number of staff working in Shared Lives in Scotland was **46**, with the number of staff per scheme ranging from **3** to **10** with a broad mix of part time and full-time staff, although almost $\frac{3}{4}$ of scheme workers were employed on a full-time basis.



Cornerstone's Shared Lives Scheme was highly commended in the 'Putting People First' category at the Great British Care Awards, November 2023.

For more information about Shared Lives in the UK and Shared Lives Plus check out our [UK state of sector for 2023-2024](#)

To find out what Shared Lives can do for you, please contact us:

🖱 www.sharedlivesplus.org.uk

✉ info@sharedlivesplus.org.uk

Company Number 4511426
Reg Charity Number (Scotland) SC042742
Reg Charity Number (England and Wales) 1095562

**Our lives get better
when they're shared**

