

SHARE AND CARE HOMESHARE

2024 REPORT



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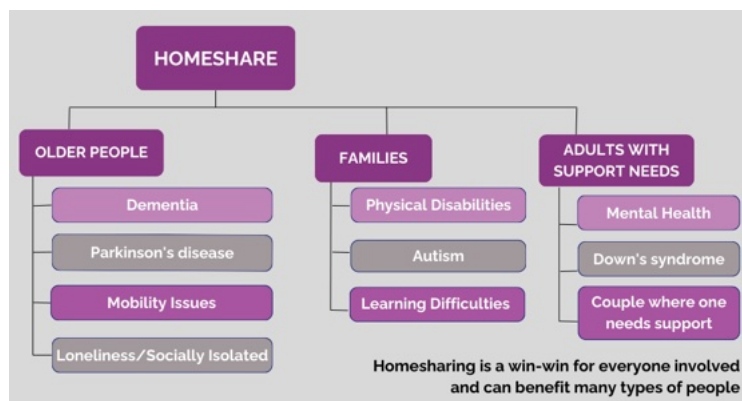
INTRODUCING SHARE AND CARE HOMESHARE

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Share and Care Homeshare was established in 2006 and is the largest and most experienced homeshare organisation in the UK with over 18 years of professional experience in making and supporting thousands of Homeshare matches. We have a wealth of knowledge which we use to advise Local and Central Government, and the Health and Social Care sector, to ensure the Homeshare sector continues to grow and provide a valuable service within the Social Care landscape.

Homeshare involves bringing together two people with different sets of needs, both of whom have something to offer each other. The Householder (the person with the spare bedroom) offers a bedroom in their home and use of the home's facilities to a Sharer (the person who comes to live with them).

For the Householder (usually an older person), it is a very affordable and safe way for our ageing population to remain living independently in their own home with the huge benefit of someone living with them, offering low-level practical support and company.



For the Sharer, it offers very affordable accommodation in exchange for volunteering some of their time. The support a Sharer gives to the Householder is mainly things they would be doing for themselves in their own home anyway so is not arduous. Homeshare also offers the Sharer a home - as opposed to just a rented room - and friendship, which increasingly is a reason people want to become Sharers.

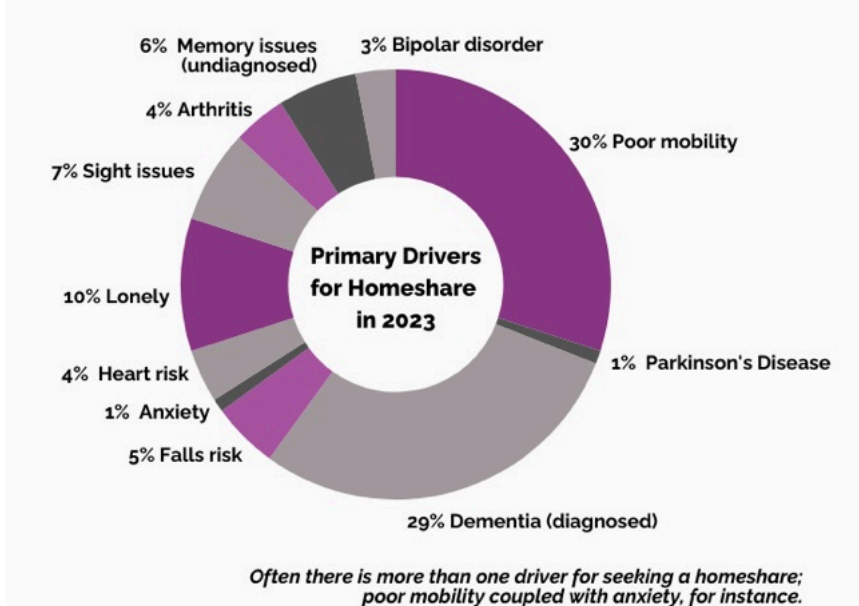
The support the Sharer gives is spread out over the week. The general help needed is clarified at the start of the arrangement, but works best when flexibility is shown on both sides. Sharers' tasks often include shopping, cooking up to four evening meals a week, and eating some meals together. Sharers will also help with tasks such as laundry, putting the bins out, keeping the kitchen and bathroom tidy and clean and, often most importantly, sleeping in the house at night, therefore offering reassurance to the Householder.

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WHO IS BENEFITTING FROM HOMESHARE

Homeshare is a flexible service; not only does it benefit different types of people, it sits well alongside other support services.



In some cases, Share and Care Homeshare has helped Householders stay in their own homes with the support of two Sharers, which means they get double the practical help and reassurance. In 2023, 6% of Householders had two Sharers. We don't charge the Householder any extra money for this service; as long as they have a separate bedroom to offer each Sharer, we can help!

Over the years we have helped many Householders remain in their own home until the end of their life - it is something we are very proud of. And it gives us great pleasure that Householders have familiar people living with them and supporting them alongside their family.

10% of Householders who passed away in 2023 had a Sharer living with them at the time. Of that number, 28% of those Sharers were asked to remain in the home acting as a 'guardian' and ensuring that the property wasn't left empty whilst probate was in progress.

The Power of Homeshare

"I would like to thank Share and Care for the two young women who lived in and helped my mother in her last year. They were both helpful and conscientious and always treated her with care and attention beyond their brief.

"Thank you Share and Care for your support, helping me and my mother, and helping her feel safe in her home." Clive Langer (son)



HOW CLIENTS BENEFIT FROM HOMESHARE

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During the registration process of any new Householder, we assess the way they are living at present to find out about their challenges and what they are struggling with on a day-to-day basis.

Once the Homeshare has started, we keep in regular contact with the Householder, their family and their Sharer to give support, advice and friendship to all parties.

Very often it is the first time the Householder has had someone who is not family living with them, so we pay particular attention to this and make sure we help with any concerns as they get used to sharing their home to ensure they have plenty of support.

When the Homeshare has reached six months, we do a more formal evaluation about how the Homeshare is progressing and record how the arrangement is benefitting the Householder.

How our clients have been benefitting...

Reassurance

52% of Householders reported reduced anxiety once they had a Sharer living with them.

Fewer Falls

40% of Householders were a falls risk before starting their homeshare. Of these, only 10% had a fall once they had a Sharer living with them.

Healthy Meals

89% of Householders were finding meals difficult or having to rely on pre-packed or family meals. After six months, 82% reported that their Sharer cooked for them, or with them, making meals much easier.

The Impact of a Householder having a Sharer:

- improves mental well-being
- reduces falls risk*
- offers a greater capacity for safe independent living
- promotes good diet with freshly-cooked healthy meals

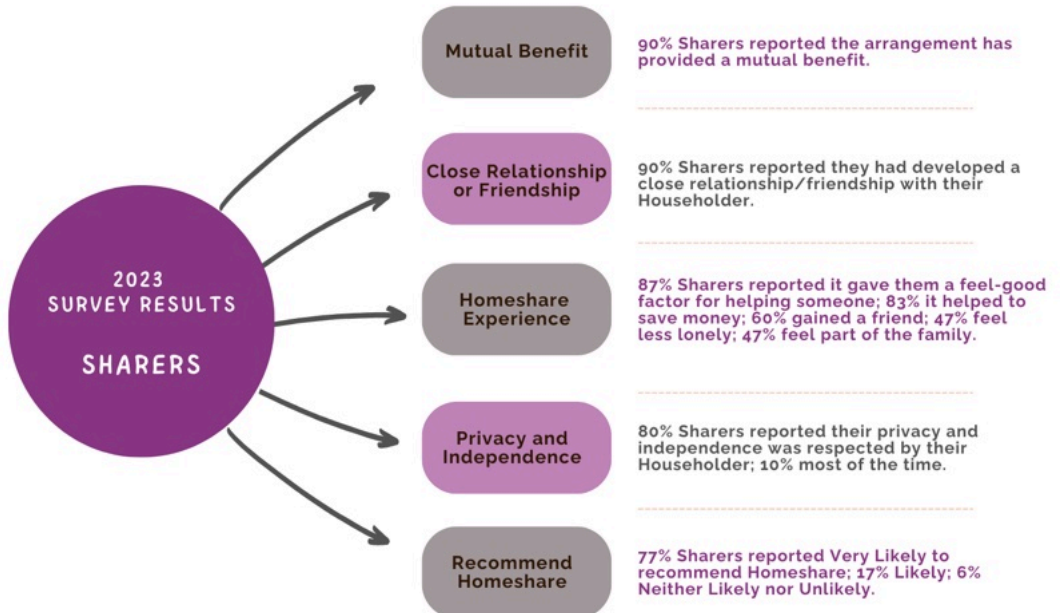
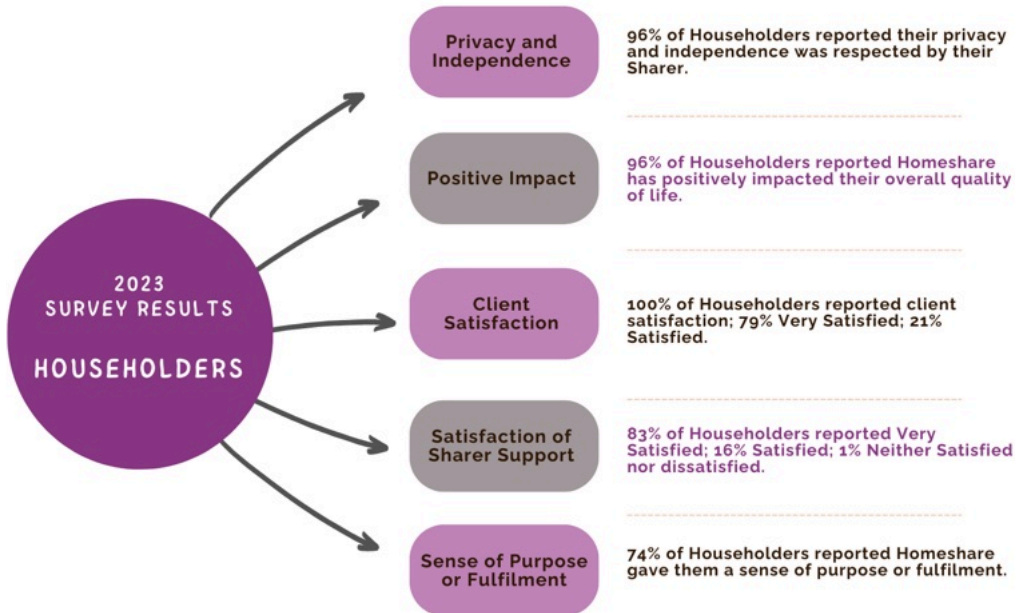
**with fewer falls, there is also a financial benefit to the NHS with a lower number of visits to a GP or hospital.*

These statistics prove that Homeshare works!

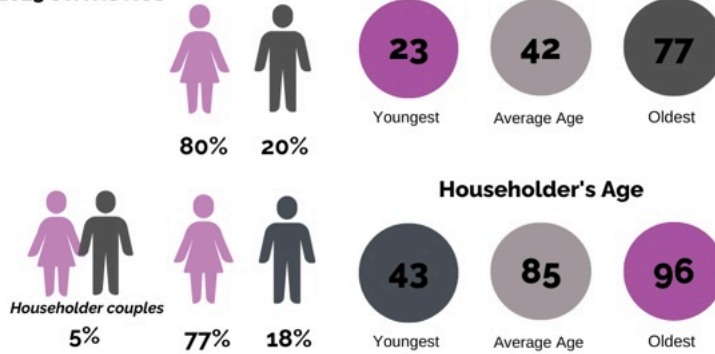
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At the end of 2023, Share and Care Homeshare surveyed its Householders and Sharers. A selection of the results is shown below.



SHARE AND CARE HOMESHARE 2023 STATISTICS

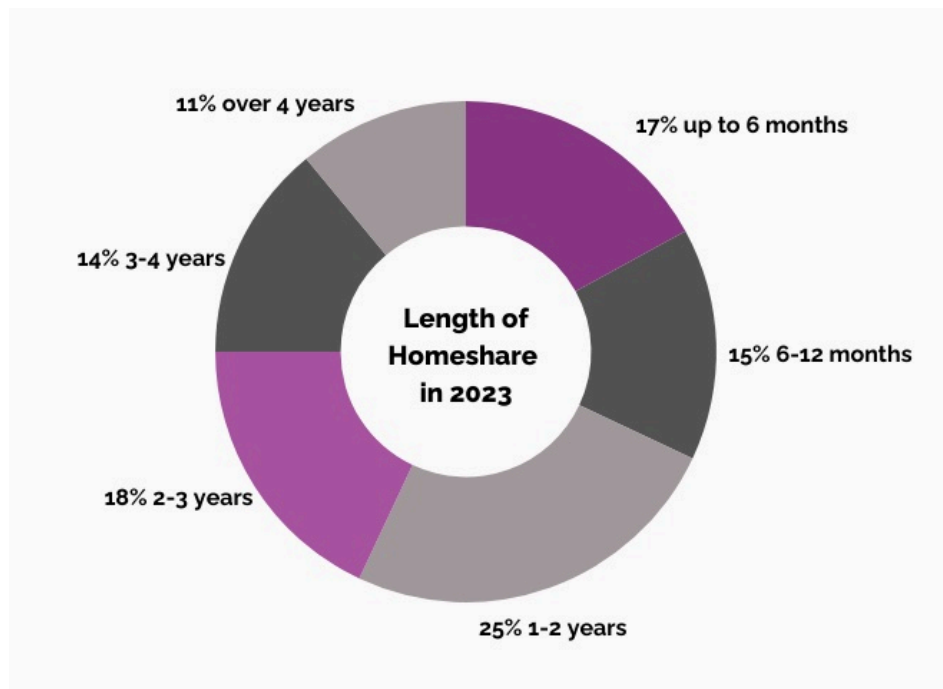


The median length of a Homeshare match in 2023 was 12 months, with the longest Homeshare client being in its 12th year and the longest current Homeshare match with the same Sharer being in its 5th year.

Duration

The median length of a Homeshare match in 2023 was 12 months, with the longest Homeshare client being in its 12th year.

The longest current match with the same Sharer is in its 5th year.



SUPPORTING PEOPLE WITH DEMENTIA

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A dementia diagnosis is a worrying time for the person, their family and friends. Just because someone has dementia it doesn't mean they can't live independently, however they will probably benefit from a little help and support around the home.

Homeshare allows the person to remain in their own familiar home but with a Sharer to offer some company, help with practical tasks and reassurance.

When we match a Sharer to live with someone with dementia, we ensure the person has an understanding of dementia; but it isn't necessarily about them having specific dementia experience – after all, everyone's experience of dementia is different and every dementia journey is an individual journey. It's more about matching Sharers with the right manner, empathy and patience.



Shared interests can really help too. Someone with even quite advanced dementia may often have very strong past memories and retain skills.

For example, an 82-year-old Householder who used to teach music was calmed down with a 'sing song' around the piano with her musical Sharer, who was also a teacher.

We also understand that living with someone with dementia can have its challenges for a Sharer especially as the disease progresses, and that is why it is essential to ensure the support offered is knowledgeable and experienced. The team at Share and Care Homeshare have a wealth of experience supporting people living with dementia and offer Dementia Information Sessions to our Sharers.

It is also possible to have two Sharers living in the home, which not only gives the Householder more support, but also the reassurance that one of their Sharers will be there every evening as well as overnight, and it doesn't cost any more.

"The homeshare with Joanna continues to be a resounding success... she has far exceeded all our expectations in every way. Our mother's health has never been better. She had a brain scan and an annual checkup with her neurologist at the end of last year, who was impressed with the progress that she has made. Obviously, as she has an Alzheimer's diagnosis, he wasn't expecting there to be any progress - quite the opposite! We consider ourselves very lucky to have had Joanna living with Mum for the past 18 months. Long may it continue! Cathy (Daughter) January 2023

SUPPORTING PEOPLE WITH DEMENTIA

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To give an idea of how we can support our Sharers

Arthur* has been living as a Sharer with one of our Householders, Maureen*, who is a retired GP, for four months. Maureen is living with dementia. Recently Arthur had an unexpected hospital stay, and when he returned home, Maureen's attitude to Arthur changed and became negative. He turned to us for advice.

Because of her dementia, Maureen was unable to process sympathy towards Arthur about his hospital stay. Instead, her emotional response was that she was upset and hurt that he had 'abandoned' her, and hadn't been giving her support and attention. She was therefore upset and cross with him. People living with dementia may not always remember – or be able to process – the events themselves, but the emotions of the events will stay with them.

We therefore suggested that Arthur could try to win her over by reinforcing the previous positive emotions she had for him. He spent a weekend of doing special things with her, and surprising her with unexpected treats, to re-build her positive feelings for him. By the end of the weekend Maureen had invited Arthur to join her for tea and cake, and a walk around the garden. Positive progress indeed!

**names have been changed*



Dementia Friends Information Sessions

Caroline Cooke, our founding director, is a Dementia Friends Ambassador and has been trained by the Alzheimer's Society to deliver dementia information sessions.



Caroline regularly runs sessions for our Householders, their family members and their Sharers, as well as other community groups and charities including the Red Cross and Age UK.

If you are interested in Caroline delivering a session either online or, if local to South West London, in person, please contact Caroline at directors@shareandcare.co.uk for further information.

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CELEBRATING OUR SUCCESSES IN 2023

Universal Credit

In 2023 we had a ruling made by an independent judge that a Sharer could claim Universal Credit housing benefit to pay our monthly fee.

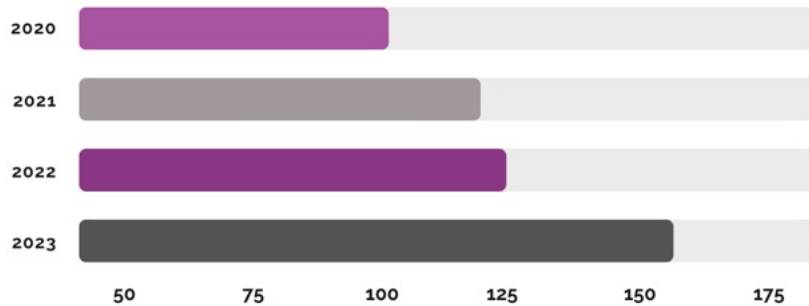
It had been argued by Universal Credit that as Share and Care Homeshare was not the landlord, the payment wasn't valued. The judge understood that the Sharer only had the accommodation because of the Homeshare and judged that it was permissible.

This is good news for Homeshare and it also means that people who are on Universal Credit and in a Homeshare are saving the taxpayers' money on low rent costs.

Growth of Homeshare

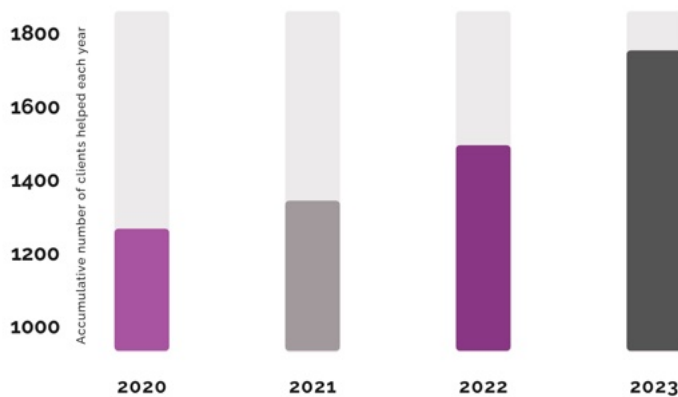
In 2023 we saw an uplift of 25% of people using our service, with the number of people in a Homeshare in 2023 the highest it has ever been.

Number of Share and Care Homeshare Clients



We are proud that 21% of new clients came via word-of-mouth recommendations.

Growth of Share and Care Homeshare



CELEBRATING OUR SUCCESSES IN 2023

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Media Coverage

We are delighted with the many wonderful news articles we had in 2023, in magazines, the national newspapers, and even on the BBC London news. This coverage really helps us to grow awareness of the concept and benefits of Homeshare. A selection is shown below:



"Every time we place an ad, we get literally hundreds of people applying." January 2023

THE  TIMES

Moving Stories - "I've enjoyed living with an older person so much I don't want to leave."
March 2023



Pre-recorded interview with a Homeshare match plus live interview with Caroline Cooke, Share and Care Homeshare on BBC London News. May 2023



"Despite being of different generations, right from the start, we never found ourselves short of things to talk about." November 2023

"The transition from child of your parent to the parenting of your parent is a strange and emotional one. Frustration, grief, guilt and a sense of isolation litter a winding path of seemingly endless limitations! Into this fog comes Share and Care Homeshare. An oasis of clear, concise information and kindness. Above all kindness.

"Share and Care Homeshare gave me time and support. The process of matching a live-in support/companion was simple, helping my mum stay in her home for an extra year.

"And what a companion! I could not have got through the last 18 months without her. She walked through the door and became part of the family, another daughter, a friend and confidante.

"The service that this CIC provides is INVALUABLE. They gave me peace of mind, flexibility; gentle care that was not intrusive. They treated my mum with respect and patience and found an answer to our urgent need in an amazing woman who has become part of our extended family.

"Thank you' is too simple a sentiment for the deep gratitude that we feel for Share and Care Homeshare." Olu Oke (daughter) October 2023



HELPFUL HOUSEMATES - THE PREQUEL TO HOMESHARE

In 2021 the Directors of Share and Care Homeshare set up Helpful Housemates to offer a service to people who weren't quite ready for a Homeshare, and in 2023 this service grew exponentially.

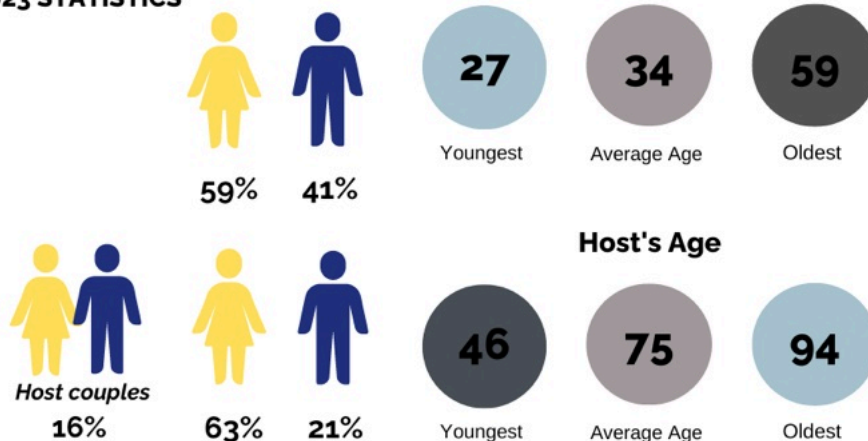
Helpful Housemates is ideal for people who only need a few hours of support and want to get used to sharing their home. Hosts are typically younger than Householders who require support through Share and Care Homeshare.

Helpful Housemates are, in effect, lodgers who are happy to offer a few hours of light help to a Host in exchange for paying lower-than-market rent.

Helpful Housemates are interviewed and vetted so their Host can feel safe and reassured that they have a willing, friendly person living in their home.

Helpful Housemates gives Hosts the opportunity to earn income under the Government's Rent a Room Scheme which, with the economic climate at present, is helping many with the rising cost of utilities. It is also giving Hosts the chance to get used to sharing a home with someone who isn't a family member.

HELPFUL HOUSEMATES 2023 STATISTICS



*The median length of a Helpful Housemates match in 2023 was 7 months.
The longest Housemate match has been going since September 2021.*

HELPFUL HOUSEMATES - A HOST'S STORY

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Helpful Housemates is the best possible arrangement for Host Anthea, who is in her 80s, is fully independent, and enjoys her own space along with the comfort of having another person around. Anthea and her lodger hit it off from the start, sharing a love of art. The Helpful Housemates arrangement has been an invaluable choice for host and lodger; a perfect solution for both.

“Having a lodger and knowing that there's a friendly person around gives the house a nice warm feeling.”

“Over the years, I have often had lodgers in my home, so I have always been used to a house full of people.

“I first approached Share and Care Homeshare to discuss homeshare, and they were very nice. We decided that homeshare wasn't quite right for me at a time when my husband was very ill and needed care. Sadly, my husband died, and my situation changed.

“My lodger is in his 30s and didn't want to be living in a house share anymore, so living as a lodger and providing a helping hand now and again means we are both benefitting.

“Helpful Housemates is the best possible arrangement for me, as the lodger also provides 5 hours of support a week, not that we ever count the hours! He helps me with small tasks such as computer support which is wonderful, and he's also going to assist me with printing my photographs. If there is anything else that needs doing, he's very willing; it's a huge help. By having a Helpful Housemates arrangement, I also receive a bit of income through the rent which helps with the current heating bills!

“Having a friendly lodger live in the home, via the Helpful Housemates initiative, gives the house a nice warm feeling. I am very pleased.”





HOME FROM HOSPITAL PILOT IN LONDON BOROUGHS

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In Summer 2024, we are planning a new service called Home from Hospital. This service is being developed in conjunction with the Homeshare Association of which Share and Care Homeshare is a founder member.

We believe that Home from Hospital can support certain patients when they are discharged from hospital. This should not only enable timely hospital discharges, but it also offers affordable short-term accommodation to people who are looking for a place to live.

The concept of Home from Hospital is for a Sharer to move into a Householder's home for a short period of time to give them the reassurance of someone in the property overnight, as well as some low-level practical support. To qualify for this arrangement, the Householder must have a domiciliary care package in place to sit alongside the Homeshare, or they must be able to manage their personal care independently. The Sharer is not permitted to offer any personal care.

The kind of help offered is cooking meals (up to 5 evenings each week), shopping, light housework, taking bins out, watering plants and running errands plus the natural company from sharing a house and some meals together.

The hours of support will be pre-arranged before the Homeshare commences. In exchange for this support, the Sharer will be given a bedroom in the home to use as their personal space for the duration of the arrangement.

Sharers are not paid employees and usually offer their support in the evenings and at weekends. They are generally out of the property during the working day. They are fully vetted. They will have been interviewed and completed an Enhanced DBS (criminal records) check, as well as Credit and Right to Rent checks, and will have supplied at least two references.



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Central Government know only too well that there is still more to be done to integrate the great services offered by many medium and small charities and CICs.

The Integrated Care Boards (ICS) are tasked with working with the Voluntary, Community and Social Enterprises (VCSE Alliance) and the Health and Wellbeing Alliance (HW Alliance).

- **We invite the VCSE Alliance Leads to contact us so that we can present our service and how it can support people across the UK.**

We are hoping to conclude discussions with a couple of Local Authorities with regard to Council Tax 'Discount Disregard'. We feel strongly that if LAs recognised Sharers through a registered Homeshare company as exempt or partially exempt from council tax, this would remove a barrier to the take-up of Homeshare, especially for Householders living in social housing and for lower income pensioners.

- **We invite councils to consider the benefits of Homeshare and look at innovative ways to ensure that Householders who have a Sharer are not financially disadvantaged.**

In September 2023, we had a meeting with Michelle Dyson, Director General for Adult Social Care and she recommended that we engaged with ADASS and Local Government Associations. We approached both organisations but haven't been able to engage.

- **We invite ADASS and the LGAs to consider the benefits of Homeshare and support us in ensuring Health and Social Care professionals are aware of Homeshare as a service in the same way that they will be aware of residential homes and domiciliary carers.**

In the past year we have been working closely with some authorities to deliver Homeshare more widely, but we need more commissioners to engage with us.

We are always delighted to present our work. Homeshare should be included in the options available to residents. Homeshare can contribute to preventing, or delaying, the need for residential care, ultimately resulting in long-term cost savings, whilst promoting the well-being and autonomy of older adults and individuals with disabilities.

HOMESHARE WORKS!



Share and Care Homeshare is expert in its field and follows a rigorous vetting policy with a proven track record of over 18 years offering Homeshare.

Share and Care Homeshare has developed extremely strict procedures over the years to ensure efficient and effective safeguarding is in place before, and during, each Homeshare arrangement.

We want to encourage more people to

THINK HOMESHARE!

Homeshare is a low-cost service which offers affordable live-in practical help, reassurance and friendly company to Householders.

Having a Sharer helps combat loneliness, anxiety and isolation and gives the Householder an agreed level of practical help and support in and around the home, plus regular friendly chats and the overnight reassurance and security.

For further information, please call

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on

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