



# Reablement

## A guide for Carers and Families





# What is Reablement

Reablement (sometimes called enablement) gives customers the opportunity and confidence to relearn and regain some of the skills they may have lost because of poor health, disability or after a spell in hospital.

Enablement is carried out at a customer's home by specially trained staff who support with personal care, daily living activities and other practical tasks. But who can also recognise and work with your relative to identify other services or equipment that may assist them to develop the confidence and skills to carry out these activities themselves and continue to live at home.

All reablement services have a shared ethos, of working in partnership with the person to determine goals and outcomes that will enable them to live as independently as possible. Qualified and experienced staff will then work with the customer within a defined period of time to help them achieve those personal aspirations.



# Why reablement

You may have been given this leaflet because you care for someone or have a relative who is being or has been referred for reablement services. This is most likely because health or social care professionals believe that your relative will benefit from having reablement services.

There is an increasing body of evidence that reablement can generate real and lasting benefits for users, including:

- improving quality of life
- keeping and regaining skills that help promote independence
- regaining or increasing confidence
- increasing people's choice and autonomy
- enabling people to be able to continue living at home
- reducing the need for ongoing care and support.





# How does reablement work

When someone is referred to reablement, they will be offered an Assessment. This assessment will establish what their needs are and what outcomes they want to achieve, then a reablement support plan is designed by the customer and the assessor and is carried out and delivered by a team of experienced reablement support workers.

This support plan is designed to:

- To provide intensive short term reablement support at home
- Provide a high quality flexible approach to meet individual needs
- Promote independence by helping regain skills and the confidence you need to complete everyday tasks
- Help the customers practise everyday activities that help regain normal routine, health and wellbeing
- Support and maintaining independence by providing advice and information

At first, a reablement team service user may need a few visits every day but as they progress, the number of visits will reduce. The length of the programme depends on individual circumstances and how the service user progresses in meeting their goals



# What type of support can we expect

The type of support provided is tailored to our assessment of the individual's needs but can include:

For example:

- Help with personal care
- Practical support with preparing meals
- Prompting with medication or medication management
- Providing equipment or assistive technology with help to understand how to use it
- Teaching exercises to help regain mobility, strength and confidence – with support and encouragement to practice the exercises.
- Finding practical solutions to problems that may be reducing independence.
- Information and advice
- Links to support groups
- Signposting to other services



# Can I be Involved

Your encouragement and support for the programme will be key to making sure that the customer gets the most benefit .

It is important that the person you care for is able to practice and re-learn the skills agreed in the programme to regain as much confidence and independence as possible.

The encouragement and support you can provide, while maintaining your caring role, will support them and the reablement team.

The service user will have been given a leaflet called “Reablement”. As the carer, it might be useful for you to read this too.

Your role will always be discussed with customer during the assessment process and providing the customers agrees we would encourage you to get involved from the start and be as involved as you can.



## Allied Healthcares commitment to you

We know it is important to keep carers involved and informed and we will treat your knowledge of the cared for person with respect. We will help you to understand decisions taken if required, that where decisions are taken in your absence, that those decisions are promptly explained to keep you informed.

As long as the person you care for agrees, we can discuss their progress on the programme with you and answer any questions you might have.

## What happens after reablement

The Reablement Service provides short term support only. When the maximum level of independence is achieved the Reablement programme will end.

If the person has a need for a longer term care package this will be discussed with them and, if appropriate, a care package will be agreed.



# Useful Contacts

<b>Allied Healthcare contact details</b>	
<b>Local carer support group</b>	
<b>Complaint, compliments and concerns</b>	
<b>Care Quality Commission</b>	
<b>Local Authority contact details</b>	

If you need this information in a different format (Braille, large print, audio, another language, CD, tape etc), please ring XXXXX (Text Relay / Typetalk users XXXXX)