

# Reablement

## Factsheet



### **What is reablement?**

Reablement provides adults with the opportunity, motivation and confidence to:

- Relearn or regain some of the skills they may have lost due to poor health, disability, impairment or accident
- Gain new skills that will help them to develop and maintain their independence

The service provides intensive reablement for people who are eligible for home care services before a long term home care service is provided. Reablement can take place for a maximum of six weeks, but is often completed in a shorter time period depending on assessed needs. If still eligible, any long term home care service will be provided after the period of reablement.

As well as the satisfaction people gain from being able to do more things for themselves, reablement is likely to lead to less need for traditional home care in the long term.

### **How does reablement help you and how does it work?**

Reablement provides help with personal social care, activities of daily living and other practical tasks for a limited time. The approach used will enable you to develop and regain both confidence and practical skills to carry out these activities independently.

Trained staff work with you to ensure that you are supported in your own home and to enable you to safely practice those skills.

An action plan is agreed with you. Your plan is based upon assessments carried out by social workers and other appropriate professionals such as occupational therapists.

The service will work with you to set achievable goals. These goals will be based on what is reasonable for you to expect to be able to do for yourself at the end of the reablement programme. They will be recorded as part of your goal plan and kept in your home so that you, your carers and care staff can monitor your achievements and identify new goals to work towards.

To enable you to choose a course of actions that will help you achieve your preferred lifestyle, reablement workers will follow the programme in your goal plan. They will help you to understand and accept that there may be risks to living in the community, but we will work towards minimising these and try to ensure that all risks are acceptable. The emphasis for the service will always be to encourage you to do things for yourself.

### **What type of tasks can reablement help me with?**

Reablement can help with a range of tasks including:

- Personal care tasks such as washing, dressing and toileting.
- Domestic skills such as food and drink preparation, shopping, organising and planning daily routines, using transport and laundry.
- Encouraging the necessary confidence to manoeuvre. This would include getting up and out of a chair,

### **What do I do if I think reablement will help me?**

If you live in County Durham and think you need care and support, your first step should be to visit our Locate website. Locate hosts a range of information and advice, including organisations to help you live as independently as you can. If you choose to, you can complete some simple questions about yourself and your situation which will help Locate to guide you to the most appropriate places for support. Any information you provide is confidential.

If you find using the internet difficult, ask a friend or relative who you are happy to share your information with to help you. If you don't have anyone who can help, contact Social Care Direct on 03000 26 79 79 who can assess your care and support needs over the telephone.

You can complete some simple questions in Locate's 'My needs' feature about yourself and your situation which will help Locate guide you to useful information for help and support.

Depending on your responses, you may be given the opportunity to answer some further questions to assess your needs.

### **What happens next?**

If you are eligible for care and support then someone will contact you to discuss the different ways of meeting your needs including reablement. If you are not eligible for support from us, Locate will suggest other organisations that can help you.

### **How much will it cost?**

Reablement is free and can take place for a maximum of six weeks, but is often less depending on your assessed care and support needs. Any further care would require an assessed financial contribution.



Need help finding the right care and support?

**locate**  
Care and support in County Durham

This free online resource provides a wealth of information and services making it easier for you to make plans now and in the future.

[www.durhamlocate.org.uk](http://www.durhamlocate.org.uk)

Please ask us if you would like this document summarised in another language or format.  
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