

Reablement

It's not about doing things for you.

It's about giving you the skills and confidence to get back to doing everyday activities yourself



Warwickshire
County Council

What is the Reablement Service?

Reablement supports Warwickshire residents aged over 18 following either a hospital admission or a change to a person's ability or independence. It is a short and intensive service, usually delivered in the home, offered to people with disabilities and those who are frail or recovering from an illness or injury.

It will give you confidence and improve your ability to do daily tasks such as:

- **Washing and dressing**
- **Food preparation**
- **Getting in and out of bed**
- **Going out**
- **Managing your medication**

What does it involve?

A member of the **Reablement** Team will visit you, usually in your home, and talk with you about your daily life. This is your assessment and it will enable us to agree, together, what you want to achieve (your goals) and how the team will support you.

This will be written into a plan which will give you more confidence in your ability to do your daily routine and have a healthy lifestyle.

The trained **Reablement** Assistants will work with you on a daily basis to help and encourage you to practise these tasks and achieve your goals.

The number of times they will visit will vary depending on the level of support you require.

This is likely to reduce over time as you begin to be able to do more for yourself and get back to your usual routine.

While you are receiving the **Reablement** service we will discuss with you the progress you are making and how we can further support you.

Reablement will end when you can maintain the best level of independence possible.

If **Reablement** has worked well, you may find you can manage on your own or only need a little support.

If you need longer term support we will arrange for you to have a social care assessment.

The assessment will look at your individual needs and goals.

We will talk with you about the support options available and what will work best for you.

Frequently asked questions



How long does it last?

Reablement is tailored to your needs, so the service may support you for a week or longer, but up to a maximum of six weeks.

Will I have to pay?

Whilst you continue to benefit from **Reablement** you will not be charged for your **Reablement** support. If you have reached the best level of independence possible and you require ongoing support, you may need to contribute to the cost of care. This may apply from the date the social care assessment is completed, depending on the outcome of your financial assessment.

What happens if I become unwell during Reablement?

If you become unwell and are not able to complete your **Reablement** plan due to illness we can pause the service for 72 hours.

Who provides the service?

The service is from Warwickshire County Council Social Care and includes:

- **Reablement Assistants**
- **Supervisors**
- **Reablement Officers**
- **Occupational Therapy Assistants**
- **Occupational Therapists**

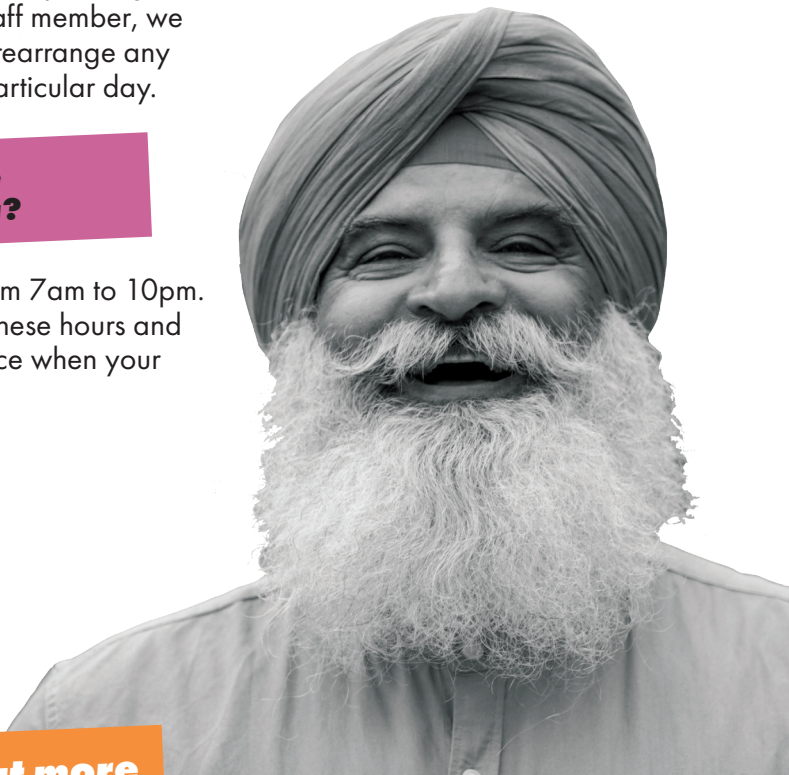


What happens if I have a hospital appointment?

If you let us know by either phoning our office or telling a staff member, we can cancel or possibly rearrange any planned visits for that particular day.

What time will the service be visiting?

The service operates from 7am to 10pm. The calls will be within these hours and you will know in advance when your visits will be.



How to find out more

If you would like more information about the **Reablement** service, the best place is to start to speak to any staff member who is already supporting you. They can help you, or find out more on your behalf.

For more information about the service call

Warwickshire County Council on 01926 410410

To find out about services and support to help you stay safe, healthy and independent go to **www.warwickshire.gov.uk/livingwell**

If you need this information in an alternative format please get in touch.