

## What is Reablement

### Fact Sheet 24

(May 2017)

Reablement is a programme of assessment and therapy which enables people, as far as possible, to regain their skills and independence, as well as providing an appropriate level of support with day to day needs.

The service is short term support which is available to any adult who normally lives independently at home, and for a variety of reasons has lost physical ability or confidence in carrying out day to day living tasks. However in order to access the reablement service you must have received an assessment because you appear to have care and support needs.

#### How do I get reablement and who is it for?

If you feel that you have care and support needs, the first step is to ask us to assess those needs. Everyone who appears to have care and support needs is entitled to have their needs assessed and a service can be provided if you meet the agreed criteria. To get an assessment you need to contact our Information, Advice and Assistance Service on **0300 333 2222**.

When you are referred to our service, a social worker will listen to what matters to you to decide on the best way to support you in the community.

In general terms people who benefit from reablement:

- Are keen to return to or continue living at home
- Need support and/or equipment to regain or improve their daily living skills
- Have the potential to improve daily living skills following a short but intensive period of support
- Are medically stable and don't have any nursing needs that can't be met by a community (district) nurse
- Have had an accident, a period of illness or stay in hospital



For more information on social care services log onto:  
[www.carmarthenshire.gov.wales/socialcare](http://www.carmarthenshire.gov.wales/socialcare)

The Reablement Service will provide you with intensive support, designed to help you regain your independence. We will discuss with you your goals and draw up a goal plan of how we can support you to meet them. We constantly review how you are managing and adjust the support you get to meet your individual goals.

Your Reablement programme may last up to a maximum of six weeks depending on the continued assessment of your needs – some people find that they are independent again after three or four weeks.

The Reablement Service has teams of professional, friendly staff throughout Carmarthenshire who will listen to you, respect your personal views and standards and support you to be independent as possible with all activities of daily living to support you to live independently in your own home. We make every effort to ensure you work with the same staff throughout your reablement programme.

The Reablement Service aims to:

- Improve the quality of your life
- Help you maintain or take control of your life as far as you are able
- Help you to recover after a crisis or deterioration in your health, for example after a stay at hospital
- Provide practical help and support in your own home so that you can regain and increase your confidence in being able to undertake tasks for yourself
- Support you in carrying out daily living tasks by helping you to regain daily living skills
- Enable you to continue to live independently in your own home for as long as you are able
- Promote your choices and build on your strengths so that you need less ongoing care and support
- Provide respite care and support for carers
- Liaise with GP, carer, voluntary agencies, and others in the community
- Provide good information about your service
- Provide consistency of care

You can expect to:

- Be treated with dignity, respect and courtesy
- Make informed choices about your life at home and in the community
- Be able to make a complaint and be listened to
- Maintain your privacy

- Receive good information
- Receive a good personal, confidential service with regular contact and monitoring
- Receive support from staff that are well trained and compliant with the Care Council of Wales Code of Practice

Other services may be provided if you and your social worker think that they are needed.

### **What can I expect to receive as part of reablement?**

Following a proportionate assessment, reablement staff might visit you up to 4 times a day in your own home, depending on individual needs. The reablement team will work with you to help you to maintain or regain your skills to carry out everyday activities such as washing and dressing, getting around inside and outside the home, meal preparation and planning, domestic tasks and joining in social activities. The team might also provide an exercise programme tailored specifically to address your individual needs. This input usually lasts up to 6 weeks.

### **Will I have to pay and how much will it cost?**

There is no charge for the reablement service, however your need for the service will be reviewed to ensure your potential is at its maximum before you are discharged. As indicated above the period of reablement is up to six weeks. You will be charged from the date when you are assessed as having met your goals and no longer needing residential reablement. In addition, in the event that during the six week period you are assessed as not being able to meet your goals or have made as much progress towards those goals as possible you will be charged from that point onwards. In the event that you do not meet your goals within the six week period, if your stay goes over six weeks then you will be charged, however if this appears likely a social worker will speak to you about this prior to the six week period ending.

## **What happens if I cannot achieve my goals within 6 weeks**

We will constantly assess your ability to achieve your goals throughout the period of reablement. Sometimes people are unable to achieve the levels of independence that they previously had, despite having received reablement, if you are assessed at the end of the reablement period as having eligible care and support needs, the local authority will provide you with the necessary care and support.

**If you would like this leaflet in large print, Braille or on audio, please  01267 228703**



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