

## Need some time to recover?

### Fact Sheet 12

(September 2017)

Sometimes when you are recovering from illness or surgery, you need time to regain your strength, confidence, skills and independence, as far as possible, before returning home.

We understand this, and in response have developed services within the local authority that provide short term residential reablement.

### What does short term residential reablement offer?

These services offer the opportunity for you to gradually recover your health and strength after surgery or illness in a supported environment which will enable you to build your confidence, independence, and improve your ability to carry out daily living activities before you return home.

### Who is eligible?

The accommodation is available to someone who is over 65 years of age, has reasonably achievable goals, and is able to participate and co-operate with therapies, and who:

- Have been assessed as being medically fit for discharge from hospital, currently need no hospital based medical treatment and need some short term residential reablement.
- Are living at home, do not need to go into hospital, but need some short term residential reablement following a period of illness or injury.

### What are the benefits for me?

No one wants to stay in hospital longer than necessary and residential reablement is the next step before going home.



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

You will be consulted and your agreement to a move into a residential reablement setting is essential. You will be asked to sign an agreement for this.

## **How long is the stay?**

People take different times to recover, some very quickly, others will take a little longer. However people can only stay up to six weeks and the therapeutic assessment will indicate how soon you will be able to return home. Before you are admitted to the residential reablement unit the therapists will have discussed with you your personal goals for your stay. These will be reviewed on a weekly basis to ensure your potential is maximized, and you best achieve your goals, before you are discharged.

## **Where are the residential reablement settings?**

There are separate units offering this service in local authority care homes namely, Llys Y Bryn, Llanelli where there is a 12 bedded unit and Maesllewellyn, Newcastle Emlyn where there is an 8 bedded unit.

## **What will the residential reablement setting be like?**

Llys y Bryn, Llanelli and Maesllewellyn, Newcastle Emlyn are the most modern units in Carmarthenshire offering 21<sup>st</sup> century accommodation. All the bedrooms have en-suite facilities; there is a communal lounge and kitchen area where you can make hot drinks and snacks at any time.

## **What services can I expect?**

The staff will support and encourage you to maintain and improve your independence, your active participation is essential to your recovery.

## **How much do I pay for the accommodation?**

There is no charge for the residential reablement service, however your need for the service will be reviewed on a weekly basis to ensure your potential is at its maximum before you are discharged. As indicated above the period of residential 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.

### **Are there any other charges?**

If you access any of the services provided such as hairdressers or provision of daily newspapers, you will need to pay the current charges.

### **How do I get there, and leave?**

If family or friends can't take you transport can be arranged.

### **Will my G.P call?**

Where the unit is close to your home address then your doctor will call to see you there. However, if it is too far for the doctor to call, you will be registered with a local doctor for the duration of your stay.

### **Will the community nurse call?**

The community nurse will call to see you if it is needed.

### **What about my medication?**

You will be discharged from hospital with medication, for which you will be responsible. If coming to the unit from your home bring your medication and any prescriptions with you. Help will be available for arranging for the delivery of any further supplies.

### **Will my family and friends be able to visit me?**

Visitors are welcome at any time; however you need to consider that you may be participating in reablement sessions.

For further information please contact:

Name:..... Title: .....

Telephone number:.....

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



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