

Need some time to recover?

Fact Sheet 12

(September 2024)

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.
- Patients who are registered with a Carmarthenshire GP Practice.

What are the benefits for me?

No one wants to say in hospital longer than necessary and Residential Reablement can be the next step before going home.



For more information on social care services log onto:
www.carmarthenshire.gov.wales/socialcare

You will be consulted and your agreement to a move to 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 the local authority care home namely, Ty Pili Pala in Llys Y Bryn, Llanelli

What will the Residential Reablement setting be like?

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. Depending on your assessed needs, there is support available from physiotherapists, occupational therapists, social workers and dieticians but the main day to day support will be given from the care support workers at Ty Pili Pala, 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. As indicated above the period of charge free Residential Reablement is up to six weeks. However, if at any point you are assessed as no longer needing Residential Reablement but need long term care, you may be charged from that point. If your stay goes over six weeks then you may be charged, however if this appears likely you will be consulted.

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./Community nurse call?

A GP/Health professional from the Home First Team will temporarily cover your health and medical needs for the duration of your stay at Ty Pili Pala, this may include; General health and Well-being support, prescribing of any medication needed, medical assessments etc. You will return to your own Registered GP Practice on discharge. The Acute Response Team are the nursing team that cover the nursing aspects of the unit. On discharge you will return to you local community nursing team for any ongoing nursing needs.

What about my medication?

You will be discharged from hospital with medication, staff at Ty Pili Pala will assess and support you to self-medicate as part of our Reablement and in line with the local authority residential care medication policy. If coming to the unit from your home bring your medication and any prescriptions with you. Staff at Ty Pili Pala will arrange for the delivery of any further supplies while you are there and ensure you have enough for a minimum of 7 days after discharge.

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 rehabilitation sessions. We also ask that mealtimes are avoided by visitors for the comfort of other residents.



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