

# Reablement – Supporting you to improve your independence

Reablement is a short-term service designed to help you improve your independence whilst living at home

You may be referred to the service if you have experienced any of the following:

- A stay in hospital, rehabilitation unit or care home
- A temporary illness or permanent disability
- A fall at home
- A crisis at home
- A change in your confidence at home
- A change in circumstances relating to you or your carer.

If you already have a long term care package you may be offered Reablement if it is felt that it would help you to live more independently.

Normally, the service lasts for 2-3 weeks. The actual length of time depends on your needs and progress towards your goals.

## What Reablement does

This service is provided by specialist staff that support you in your own home and local community to:

- regain your skills and confidence in completing everyday tasks and activities such as making meals, washing and dressing yourself, doing your shopping, getting out and about.
- support you to gain new skills to help you manage at home
- help you get back on your feet after a stay in hospital.
- Ensure you have any equipment or Telecare that you need to help you live independently
- support you with management of long term conditions
- put you in touch with other services that can help you

## What to Expect

After you have been referred, we aim to start the service as soon as possible. If you are unable to manage without support before your Reablement starts, you may receive temporary support until then.

You will have set some goals with the person who referred you to the service and when the service starts you will work towards these with the Reablement staff. Within a few days, you will get a more detailed assessment from a Reablement social care worker who will set a plan for how the service will support you. The staff will monitor how you progress during

Reablement and adjust your plan as needed. Where appropriate the team will also work closely with any health staff or other professionals who are also supporting you.

Reablement is a free service.

If, after Reablement, you still need support at home, and are eligible for further social care services, a support plan will be developed with you to meet your ongoing needs. If care is still needed after the end of Reablement, the usual home care charging policy will apply (see charges for social care services for adults who live at home fact sheet).

### **Who to ask about the Reablement services**

Health and social care staff work together to find out how best to help you with your health or social care needs. Therefore, if you are in hospital, you can ask a nurse to refer you for a social care assessment. If you are at home, you can contact Lancashire County Council on **0300 123 6720**. A social care worker will assess you to make sure that you get the type of support you need and tell you what type of services you will receive and when they will start.

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For more information about our services visit: **[www.lancashire.gov.uk](http://www.lancashire.gov.uk)**

To request information in other formats and languages contact: **01772 534285**.

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