

Reablement.

Regaining your independence



A guide to the Harrow reablement service



1 About this guide

This guide is to help Harrow citizens and carers, to understand Harrow Council's Reablement Service.

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3 What is Reablement?

Reablement helps citizens who are experiencing difficulties with their activities of daily living to regain their independence through learning/relearning skills. The aim of reablement is to support citizens to improve their skills and confidence so they are able to perform necessary daily living skills in areas such as personal care, preparing meals or even help with their mobility to enable them to continue to live in their own home.

Reablement is a short and intensive period of support, usually offered in a person's own home.

- It is offered free of charge
- It is not means tested
- It is only offered to citizens that the Council believes will benefit from the service. This is because not everyone will be able to learn/relearn skills

How it helps you

Reablement could help you with your recovery after discharge from hospital, help you recover after a fall or even an acute illness by helping you build your skills and confidence with everyday tasks.

Reablement can also be offered to you if you are living at home and are receiving social care services. This is to help you remain at home when you may start to find things difficult.

The Adult Social Care Workers will also work with the company that provides the Reablement Care and other health professionals throughout the duration of Reablement. Reablement normally lasts for a few weeks but could be shorter or longer depending on your progress. There is no set period. You may have to learn/regain skills or a different way to do things to build confidence and regain lost independence.

We will follow your progress during the period of Reablement and goals are likely to change as progress is made. Some new goals may be agreed and identified with you for the remainder of the Reablement period.

Reablement helps you to regain confidence and independence, but it's also possible that you may need additional help after the Reablement period is over. If this is the case your care needs will be assessed, a financial assessment will also be carried out with you (you may have to pay a contribution towards any ongoing care costs).

5 Who is Reablement for?

Reablement is not appropriate for everyone. It will only be recommended where people can regain full or significant independence in the short term.

Reablement can only be provided after an initial assessment by an Adult Social Care Worker. Reablement is available to Harrow residents aged 18 and over who meet one or more of the following criteria:

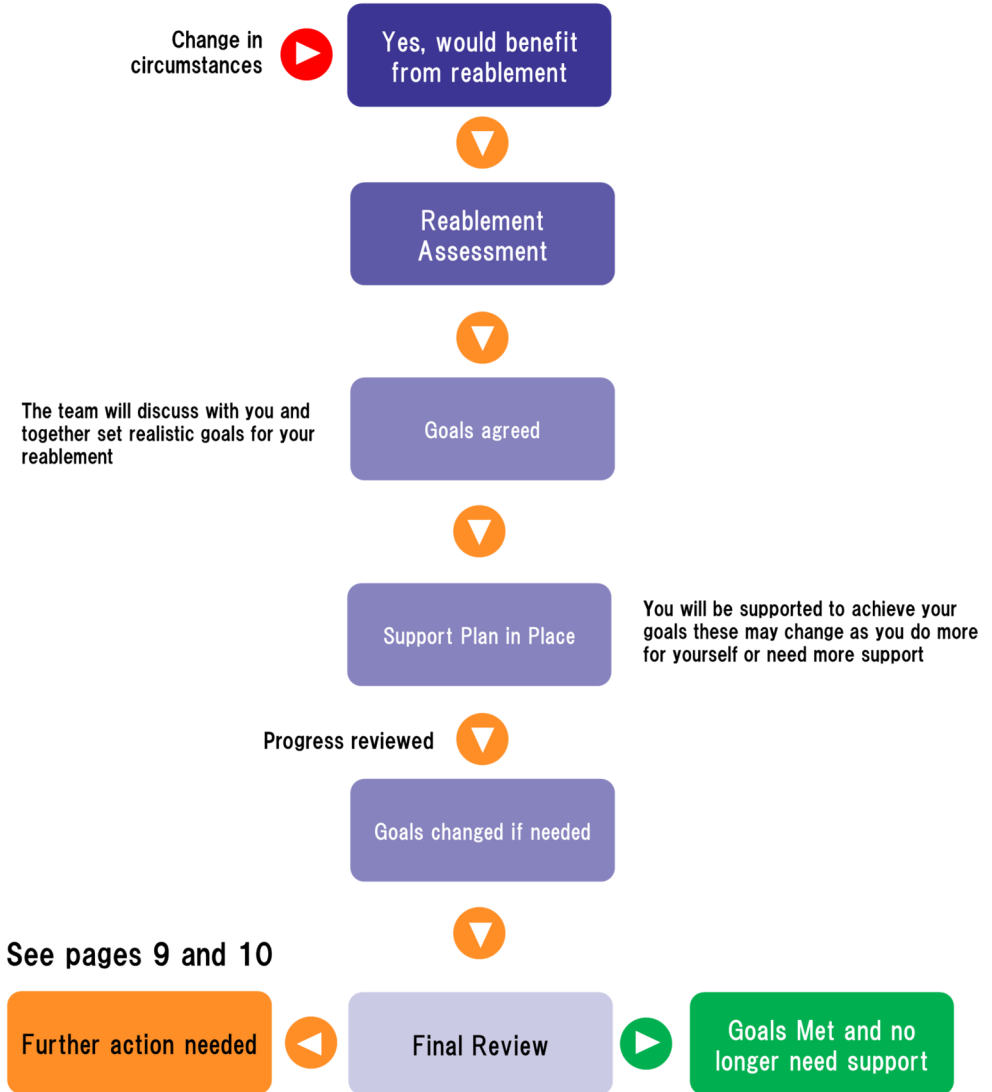
- Are returning home after spending time in hospital due to a bout of illness, surgery, or a fall
- Are feeling frail and in need of support to remain at home or may be deteriorating in health and functional abilities, requiring more support
- Have been discharged from hospital to a temporary residential placement (sometimes called a “step-down” bed) and need help to get back home again

If you are someone who was already receiving social care services and have been discharged from hospital or have changing health and functional abilities which may require an increased level of support at home, you may be eligible for Reablement.

If you are suitable for Reablement your existing home care support will be temporarily suspended along with any financial contribution's you make towards that care for the duration of the Reablement period. The Reablement support will be free of charge.

People leaving hospital with severe or profound ongoing health or care needs are not suitable for Reablement because it will not help to significantly improve their situation.

How Reablement Works



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Support provided during reablement

The Adult Social Care Worker will discuss any issues that prevent you from living as independently as you potentially could and will recommend the help needed to overcome these issues.

Together the worker will draw up a Reablement plan with you, setting out realistic goals and the support needed as well as any equipment or technology that could help (for example, a fall detector).

The Reablement support is then delivered by trained Reablement Workers and as you improve, the amount of assistance will be gradually reduced.

The help that you receive as part of your Reablement plan is tailored to meet your individual needs and specific circumstances. It can be as short as a few days or last several weeks.

Reablement services can include:

- Practising daily activities such as cooking and bathing, to help learn/relearn skills and improve confidence
- Finding new ways to complete daily activities
- Equipment or home adaptations, such as a personal alarm (to call for help) or bath rail or bath board

Reablement is an intensive service using a 'doing with' approach, which involves supporting you to do things for yourself. Reablement workers stand back to encourage and allow you the time to complete a task on your own. This may involve being shown a different way to carry out the task to achieve independence, such as putting the weaker arm with the least amount of movement into the sleeve of a top first.

Supporting you to do things for yourself may take longer initially but will improve during the Reablement period. Throughout the process, Reablement workers stand back, observe, encourage and prompt the learning or re-gaining of skills that may have been lost, with the focus on making progress. This positive encouragement is more helpful in the long term and has been shown to help people live more independently for a longer period of time.

9 What happens at the end of Reablement?

If you were not receiving care services provided by Harrow Council prior to Reablement:

The Adult Social Care Worker will meet with you (and if relevant and with your agreement also informal carers, family members) as the Reablement service ends. This meeting will discuss if you are able to manage things for yourself having regained independence.

The aim is that most citizens will be able to live independently and not require any further services when Reablement ends.

However, if longer term support is required and you meet the Care Act eligibility criteria (national guidelines for who can receive social care services) we will discuss what further services can be offered. You will be able to have an Independent Advocate to support you through the process.

If it is agreed that further services are needed to meet care needs and you meet the eligibility criteria, a financial assessment will be carried out in which your savings and financial assets are assessed to see if you qualify for financial help with the cost of any future care. An Adult Social Care Worker will help and guide you through this process. If the support is provided whilst waiting for a financial assessment, you may need to make a provisional contribution.

If you were already receiving services (such as home care) provided by Harrow Council prior to Reablement:

At the end of Reablement the Adult Social Care Worker will discuss with you the progress you have made (and if relevant and with your agreement also informal carers, family members). In this meeting you will decide how successfully the goals set for your Reablement have been met.

There are a few possible outcomes:

Your social care needs may be reduced and the original services (home care) you received before Reablement can be restarted along with any contribution you pay towards that care.

- You may become fully independent and no longer need any further support.
- You may still require an increased level of support. The Adult Social Care Worker will discuss your ongoing care and support needs and update your support plan, restarting those services along with any contribution you pay towards that care.
- If you were in receipt of homecare before Reablement and this was organised by Harrow Council, every effort will be made for re start of homecare to be delivered by the original provider, depending on their capacity at the time.

11 Key Features of the reablement service for Harrow citizens

- Focuses on strengths to promote and maximise independence and wellbeing.
- Rebuilds confidence after a bout of illness, deterioration in health, an injury, a hospital admission or an acquired disability
- Different to traditional home care as it involves care providers standing back and encouraging the promotion of self-care skills that may have been lost
- Supports the regaining or retention of skills to manage with minimal or no support
- Short-term and intensive
- A focus on restoring independent functioning, rather than resolving healthcare issues
- Aims to prevent re-admission to hospital; a premature move to a care home; delay, reduce or minimise the need for ongoing Homecare
- Aim of setting and working toward meaningful goals
- Aims to reconnect Harrow residents with their communities to reduce social isolation
- Can help to reduce the amount of care needed from carers and family
- Ensures support to live independently and remain in your own home as long as possible

Further information

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To find out more about reablement, please visit www.harrow.gov.uk/reablement.gov.uk for links to useful documents on Reablement developed by the National Institute for Health and Care Excellence and (NICE) and Social Care Institute for Excellence (SICE) as well as a PDF version of this leaflet.

If you cannot get access online, please call Access Harrow on 020 8901 2680 to request information to be posted to you.

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www.harrow.gov.uk/reablement