

# Regaining your independence after hospital

A guide to Harrow Reablement Service



## What is reablement?

Reablement is a short and intensive period of home support. It's offered free of charge to help people recover after a spell in hospital.

Harrow's Reablement Service helps people who are struggling with daily activities to regain

their independence.

The aim of reablement is to improve the skills and confidence of those leaving hospital and allow them to go on living in their own home.

## What does reablement involve?

The help that people receive as part of their reablement is tailored to their needs and specific circumstances. It can be as short as a few days, up to a maximum of six weeks.

Support is provided by specially trained reablement workers and may also come in the form of equipment to help with mobility or jobs around the home.

Reablement services can include:

- Practising daily activities, such as cooking and bathing, to help regain skills and confidence
- Finding new ways to complete daily jobs
- Equipment or home adaptations, such as a personal alarm or bath rail
- Support for relatives or carers.



## Who is it for?

Reablement can only be provided after an assessment has been completed by a council adult social care worker. Reablement is given to people who:

- Are Harrow residents aged 18 or over
- 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 in their own home
- Need to regain skills and confidence after illness or a fall
- Have been discharged to temporary residential placement, such as one providing a step-down bed, and need help to get back home again.

## What kind of support can I get?

On leaving hospital, a council care manager will discuss with you any issues that could stop you living independently.

Their assessment will recommend the help you need to tackle these problems.

Together, you'll draw up a plan setting out the support you need and any equipment or technology

that will support you. This could include a door sensor, personal alarm or fall detector. We'll help you to set realistic goals to overcome any difficulties you're experiencing.

You'll receive support from specially trained reablement workers and, as you improve, the amount of assistance you receive will be gradually reduced until you're back on your feet.

## How much does it cost?

If after our assessment, it is found that reablement is suitable for you, help will be provided free of charge for up to six weeks.

Your entitlement to receive the service can only be assessed by a council adult social care worker.

## When is reablement not available?

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

People leaving hospital with severe or profound ongoing health or care needs may not be offered reablement care, because it will not help to significantly improve their situation.

Patients who are expected to recover fully or significantly, but in a period beyond the maximum reablement period of six weeks, are also unlikely to be offered these services. This might include those recovering from a hip replacement or broken bone.

Some personal circumstances also disqualify a patient leaving hospital from being offered reablement services - these include people who do not have recourse to public funds.

In all cases entitlement to reablement services can only be assessed by council adult social care staff. They can also provide further guidance on who qualifies to be considered for reablement - see how to get in touch with them at the back of this booklet.

If your circumstances are not suitable for reablement, we will explain why we are unable to offer it and will be happy to answer any queries you may have.

If you do not qualify for reablement, but do need care support after leaving hospital, you will be referred on to the relevant council team for further help. Your money and assets will need to be assessed to see if you qualify for financial help with the cost of any future care.

We can help you to find voluntary or private organisations that could provide further assistance.

## What happens when the service ends?

During the reablement period, your progress will be reviewed by a social worker or care manager, to identify any ongoing needs.

Reablement should help you to regain your confidence and independence, but it's also possible that you'll benefit from additional help after the reablement period is over.

If you require longer term support,

and if you meet the council's eligibility criteria, you will be assessed to see what support can be offered.

If you require ongoing care following your reablement, you will be financially assessed and may need to contribute towards your care.

Your social worker or Care Manager can help guide you through this.

## Where can I get further information?

Speak to the team by calling 020 8901 2680



For more information call  
020 8901 2680

[harrow.gov.uk/  
adult-social-care](https://harrow.gov.uk/adult-social-care)

